BBC LEARNING ENGLISH
Lingohack 英语大破解
Using sun and sea to beat depression
阳光和大海能缓解抑郁症

本集内容

Using sun and sea to beat depression 阳光和大海能缓解抑郁症

学习要点

有关"mental health 心理健康"的词汇

文字稿

We're off the coast of Falmouth (Cornwall) on a boat owned by the charity Sea Sanctuary. On board a skipper, a **therapist** and two people, Susie and Ian, who are living with **anxiety** and **depression**.

It's something very special about being on the water. It's such a calming place. You can leave whatever troubles you've got behind and you can escape.

There are group sessions on board and everyone works as part of the crew, but the charity says the sea itself has a **therapeutic quality**. So what about people who don't live near the coast?

A team of researchers from the University of Exeter, a 360 virtual reality camera and a drone - they're trying to capture the power of the coast for people who can't get there themselves.

Nikki is trying out her videos on a group of volunteers. Some of the pictures are calm and relaxing, others more interactive, **stimulating**. Nikki will take her headsets in to care homes next year to bring 'blue health' to those who can't access it themselves.

我们正坐在一艘属于慈善机构"海洋圣殿（Sea Sanctuary）"的船上，位于法尔茅斯 (康沃尔郡) 的海岸附近。船上有一位船长，一位心理治疗师，以及名叫苏茜和伊恩的两个饱受焦虑和抑郁折磨的人。

"身处大海是一种很奇妙的感觉，这是一个能让人平静下来的地方。你可以把心中的烦恼和困扰统统留在身后，整个人完全沉浸在这里，逃离现实。"

船上会开展小组治疗活动，船上的每个人都算是工作人员。这个慈善机构认为，大海本身就有疗愈人心的功能。那么，不住在海边的人怎么办呢？

埃克塞特大学的一个研究团队利用一台 360 度虚拟现实摄像机和一架无人机，试图为无法身临其境的人们捕捉海岸的力量。

尼基正在一组志愿者身上试用她录制的视频的效果。一些照片是平静、让人放松的，其它的则更有互动性和启发性。尼基将在明年把她的虚拟现实头盔装置带到看护中心，为那些不能亲自去海边体验的人带去"蓝色的健康"。

词汇
therapist
治疗师

anxiety
焦虑

depression
抑郁（症）

therapeutic quality
疗愈人心的功能

stimulating
有启发性的

视频链接：**http://bbc.in/2h3D1Te**

你知道吗？

'Blue health' is an unofficial term used by the reporter to mean using the blue colour of the sea to make people feel happier and healthier.

"蓝色的健康"是一种非正式的表达方式，是作者用来表达蓝色的海洋可以使人更开朗和健康的一种说法。

练习

How will this project help people who do NOT live near the sea?

答案

They will be shown pictures and video footage of the sea.