

Vocabulary: stress and exhaustion 词汇: 压力和劳累

Do you often feel **stressed**? Does the pace of life make you feel like you're continually **on the go** or **at the end of your rope**? Are you often so **wiped out** by work that you struggle to **switch off**? And are you a member of the millennial generation, who, according to the Pew Research Center, were born between 1981 and 1996? If your answer to these questions is 'yes', maybe you suffer from 'millennial burnout'.

Millennial burnout is a term first popularised by BuzzFeed writer Anne Helen Petersen. Unlike 'regular' **burnout**, which leaves sufferers feeling physically and emotionally **frazzled**, **run into the ground** and **overwhelmed**, millennial burnout also adds, among other things, 'errand paralysis'. This is when minor tasks, such as cleaning the car, or sending a parcel in the mail, feel impossible. "It's not as if I were **slacking** in the rest of my life," she wrote. "But when it came to the stuff that wouldn't make my job easier or my work better, I avoided it." So it doesn't get done, which leads to a backlog of tasks and feelings of shame.

In the UK, 74% of us feel so stressed that we are **coming apart at the seams**, mentalhealth.org reports. So why are millennials **tearing their hair out**? Millennials feel their problems are **exacerbated** by social media, because of the constant **pressure** to be living up to your best life,' British psychotherapist Beverly Hills told the BBC. This pressure is made worse when the definition of 'success' seems to have changed. It used to be about earning money, but now it's things like being passionate about work, being super-healthy, holidaying and having amazing experiences, etc. That's **a lot to have on your plate** and the 'failure' to **cope** leaves many feeling guilty, ashamed and **at their wits' end**.

However, the concept of millennial burnout has not gone unchallenged. Many have said that it's merely a form of entitled laziness or the result of poor choices – for example, trying to do too much. After all, as psychoanalyst Josh Cohen writes for NBC, this isn't the first generation to suffer from overwork and exhaustion, nor is it the first to have to adapt to new forms of technology and culture. Could the answer simply be that millennial ambition reaches too far?

The jury is still out on whether millennial burnout is real or not – though it isn't a recognised medical condition. Whether it will become one is unknown. So for the time being, try not to stress about it.

词汇表

stressed	有压力的
on the go	忙个不停
at the end of your rope	智穷力竭
wiped out	精疲力尽的
switch off	放松
burnout	劳累过度
frazzled	疲惫的
run into the ground	拼命工作，累得筋疲力尽
overwhelmed	难以承受的
slack	偷懒
come apart at the seams	崩溃
tear one's hair out	焦虑不堪
exacerbate	使恶化，使加重
pressure	压力
have a lot on one's plate	有很多工作要做
cope	处理，应付
at your wits' end	束手无策

测验与练习

1. 阅读课文并回答问题。

1. According to the article, who are the millennial generation?
2. What is 'errand paralysis'?
3. According to Beverly Hills, why do millennials feel millennial burnout?
4. True or false: *Everyone agrees that millennial Burnout is real.*
5. Which word in the text means 'feeling that you have the right to do or have something because of who you are'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. What a full day! I'm totally _____. I feel like I could sleep for a week!

on the go	at the end of your rope	slacking	wiped out
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2. I'm sorry, boss, I've got _____. I'm already managing three other projects.

a lot on my plate	a lot in my bowl	a lot on my tray	a lot in my cup
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3. I've had three children! I can easily _____ with one baby for an evening. Go and relax.

switch off	stress	cope	exacerbate
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4. We _____ the problem by borrowing more money than we could pay back.

strengthened	furthered	intense	exacerbated
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5. John! Stop sleeping at your desk! I don't want to see you _____ again!

burnout	slacking	tearing your hair out	overwhelmed
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答案

1. 阅读课文并回答问题。

1. According to the Pew Research Center, who are the millennial generation?
The millennial generation are people born between 1981 and 1996.
2. What is 'errand paralysis'?
'Errand paralysis' is an inability to complete minor tasks such as cleaning the car or posting a parcel.
3. According to Beverly Hills, why do millennials feel millennial burnout?
They are exacerbated by social media because of the constant pressure to be living up to their best life.
4. True or false: *Everyone agrees that millennial burnout is real.*
False. Some consider it to be entitled laziness, or the result of poor choices. Nor is it a recognised medical condition.
5. Which word in the text means 'feeling that you have the right to do or have something because of who you are'?
Entitled. (Many have said that it's merely a form of entitled laziness)

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. What a full day! I'm totally **wiped out**. I feel like I could sleep for a week!
2. I'm sorry, boss, I've got **a lot on my plate**. I'm already managing three other projects.
3. I've had three children! I can easily **cope** with one baby for an evening. Go and relax.
4. We **exacerbated** the problem by borrowing more money than we could pay back.
5. John! Stop sleeping at your desk! I don't want to see you **slacking** again!