

HIGH ENGLISH

YBM 박준언

어법, 어휘 수정

Lesson 01

Healthy Living, Happy Life



Help! I Am Stressed Out

Dear Teens Today,

- ◆ I keep having dreams about getting chased or ¹⁾take a test ²⁾which I don't know any answers.

- ◆ I often wake up in a cold sweat in the middle of the night. On some mornings, ³⁾너무 피곤해서 발을 들어 올릴 수도 없을 것만 같아요.

- ◆ What's wrong with me? Help!

- A worried teenager

Dear worried teenager,

- ◆ We have good news and bad news for you.
- ◆ The good news is that you don't sound like you are ill.
- ◆ The bad news is that it is highly likely that you are ⁴⁾stress out.

- ◆ Although the word "stress" brings up images of ⁵⁾tiring adults, many teens also suffer from a high level of stress, often without even ⁶⁾know that they do.

- ◆ At least, now you know that 당신이 스트레스를 받고 있다는 것을

- ◆ It is a big step forward because only you, no one else, can control your stress level, but to ⁸⁾wise manage your stress, you need to have a good understanding of the issue.

- ◆ To help you with that, Teens Today had an informative talk on stress and ⁹⁾their management with a doctor ¹⁰⁾specialize in mental health.

- ◆ As the saying goes, "Know your enemy, ¹¹⁾그러면 더 잘 싸울 수 있을 거예요!"

Q&A with the Doctor: Stress and Its Management

- ◆ Q: What is the first thing we should know about stress?
- ◆ You need to understand ¹²⁾what stress is not a disease.

- ◆ ¹³⁾스트레스는 거의 모두가 경험하는 정상적 반응입니다

- ◆ In fact, stress is a natural alarm system in your brain and body, ¹⁴⁾go back to the primitive days.

- ◆ This involuntary response ¹⁵⁾developing in our ancestors as a way to ¹⁶⁾protecting them from predators and other threats.

- ◆ Imagine you meet a tiger in the jungle.
- ◆ You have to fight it or ¹⁷⁾runs fast to save your life, so your body turns on its emergency system, ¹⁸⁾release into the blood the hormones ¹⁹⁾where speed up your heart rate, increase your blood pressure, boost your energy, and ²⁰⁾prepares you to deal with the problem.

- ◆ Experts call this the “fight-or-flight response,” and ²¹⁾인류는 살아남지 못했을 것입니다 in its early, tough natural environment without it.

- ◆ Q: Then, is stress not bad?
- ◆ No. Not always.
- ◆ A little stress is essential to push you to get things ²²⁾do.

- ◆ It prepares you to meet a tough situation with focus, strength, and alertness.
- ◆ Without stress, ²³⁾당신은 충분한 에너지를 모을 수 없을 겁니다 to face difficulties, meet deadlines, and ²⁴⁾achieving successes.

◆ Q: Why, then, does everybody think it's a big problem?

◆ The problem is, times have changed, but ²⁵⁾스트레스에 대한 반응은 똑같이 머물러 있다는 것이다.

◆ Stress hormones burn away when you get rid of the stress source. Back in the old days, ²⁶⁾그것은 죽느냐 사느냐의 문제였고, and then the crisis came to an end.

◆ Now, however, many of your worries ²⁷⁾is not as instantly resolved as they ²⁸⁾are when you used to bump into tigers.

◆ You might have an exam tomorrow and ²⁹⁾기한이 모래까지인 숙제.

◆ ³⁰⁾위험 신호가 거의 항상 켜져 있고 and the stress hormones stay in your body and ³¹⁾builds up.

◆ Blood rushes to your face. Your stomach stops ³²⁾work and ³³⁾feel upset or as if it is tied up in knots.

◆ You feel ³⁴⁾restlessly in your legs and ³⁵⁾having difficulty going to sleep.

◆ None of this ³⁶⁾help you with doing your homework, and when it keeps ³⁷⁾happen, it can harm your health.

◆ Q: What do we need to do to deal with it?

◆ We all know that the best response is to fight and ³⁸⁾solves the problem, but it's not always easy to do so.

◆ In that case, the hormones might make you ³⁹⁾to want to run away, but running away from your problems ⁴⁰⁾are one of the worst ⁴¹⁾way to deal with stress.

◆ For example, ⁴²⁾skip school may feel good at the time, but it will drag you into ⁴³⁾very deeper trouble afterward.



- ◆ A better way to deal with stress 44)are physical exercise, for 45)which the stress hormones really tell you to do 46)are to literally move your body and run.

- ◆ Exercise burns away extra stress hormones and 47)replace them with others 48)what make you happy.

- ◆ Then your body will 49)refresh and ready to meet the next challenge.

- ◆ Finally, 50)일과 놀이의 균형을 맞추세요. School is important, but it is not everything.

- ◆ When you plan your week, schedule time to get schoolwork 51)doing, but also 52)schedules time to have fun.

- ◆ When it's time to enjoy yourself, 53)학교나 숙제 걱정을 하지 않도록 하세요. Focus on 54)have fun.

- ◆ **Q: Is there 55)special anything about teenage stress, compared with 56)those of adults?**

- ◆ I believe so because growing up is not easy. Teenage experiences vary, and everyone experiences different emotions and concerns.

- ◆ The one thing that unites you all, however, 57)are that you are changing, from being a youth to 58)become an independent adult.

- ◆ During this time of transition you live with a lot of uncertainties and imbalances, 59)what create huge anxieties.

- ◆ It is important to know that it is natural for you 60)feel stressed, and that it is okay.

- ◆ Just keep in mind that whatever stresses you out now will eventually pass.

More Tips to Keep Stress under Control

- ◆ 1. Avoid 61)overschedule. Be realistic and do not try to be perfect.



- ◆ 2. Learn to relax. When you feel extreme stress, get quiet and take a few deep breaths. This brings oxygen to your brain and helps you relax.
 - ◆ 3. Treat your body well. Watch what you eat. Under stressful conditions, the body needs vitamins and minerals more than ever. A good night's sleep will relieve stress as well.
 - ◆ 4. Get help. Stress can be ⁶²⁾overwhelmed. Do not hesitate to ask for help from a trustworthy adult or a school counselor.
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Help! I Am Stressed Out

1) 틀린 개수 : 2개

Dear Teens Today,

I keep having dreams about getting chased or taking a test where I don't know any answers. I often wake up in a cold sweat in the middle of the night. On some mornings, I feel so ¹**tired** that I don't think I'll be able to lift my feet. What's wrong with me? Help!

- A worried teenager

Dear worried teenager,

We have good news and bad news for you. The good news is that you don't sound like you are ²**healthy**. The bad news is that it is highly likely that you are ³**stressed** out. Although the word "stress" brings up images of tired adults, many teens also suffer from a ⁴**high** level of stress, often without even knowing that they do.

At least, now you know that you are under stress. It is a big step forward because only you, no one else, can control your stress level, but to wisely ⁵**cause** your stress, you need to have a good understanding of the issue. To help you with that, Teens Today had an ⁶**informative** talk on stress and its management with a doctor specializing in mental health. As the saying goes, "Know your enemy, and you will fight better!"

2) 틀린 개수 : 2개

Q: What is the first thing we should know about stress?

You need to understand that stress is not a disease. It is a ¹**abnormal** reaction that almost everyone experiences. In fact, stress is a ²**natural** alarm system in your brain and body, going back to the primitive days. This involuntary response developed in our ancestors as a way to ³**protect** them from predators and other threats. Imagine you meet a tiger in the jungle. You have to fight it or run fast to ⁴**endanger** your life, so your body turns on its emergency system, ⁵**releasing** into the blood the hormones that speed up your heart rate, increase your blood pressure, boost your energy, and prepare you to deal with the problem. Experts call this the "fight-or-flight response," and the human race could not have ⁶**survived** in its early, tough natural environment without it.



3) 틀린 개수 : 2개

Q: Then, is stress not bad?

No. Not always. ¹**A little** stress is essential to push you to get things done. It prepares you to meet a tough situation with focus, strength, and alertness. Without stress, you would not be able to gather enough energy to face difficulties, meet deadlines, and achieve successes.

Q: Why, then, does everybody think it's a big problem?

The problem is, times have changed, but the stress reaction remains ²**the same**. Stress hormones burn away when you get ³**rid** of the stress source. Back in the old days, it was a matter of either death or survival, and then the crisis came to an end. Now, however, many of your worries are not as ⁴**instantly** resolved as they were when you used to bump into tigers. You might have an exam tomorrow and an assignment due the day after tomorrow. The danger signs are almost always ⁵**off**, and the stress hormones stay in your body and build up. Blood rushes to your face. Your stomach stops working and feels upset or as if it is tied up in knots. You feel restless in your legs and have difficulty going to sleep. None of this helps you with doing your homework, and when it keeps happening, it can ⁶**improve** your health.

4) 틀린 개수 : 2개

Q: What do we need to do to deal with it?

We all know that the best response is to fight and solve the problem, but it's not always easy to do so. In that case, the hormones might make you want to run away, but running away from your problems is one of the ¹**worst** ways to deal with stress. For example, skipping school may feel good at the time, but it will drag you into even deeper trouble afterward.

A better way to deal with stress is physical exercise, for what the stress hormones really tell you to do is to literally move your body and run. Exercise ²**burns** away extra stress hormones and replaces them with others that make you ³**tired**. Then your body will be ⁴**refreshed** and ready to meet the next challenge.

Finally, strike a ⁵**imbalance** between work and play. School is important, but it is not everything. When you plan your week, schedule time to get schoolwork done, but also schedule time to have fun. When it's time to enjoy yourself, try not to worry about school or homework. Focus on having ⁶**fun**.

5) 틀린 개수 : 2개

Q: Is there anything special about teenage stress, compared with that of adults?

I believe so because growing up is not easy. Teenage experiences vary, and everyone experiences different emotions and concerns. The one thing that unites you all, however, is that you are changing, from being a youth to becoming an independent adult. During this time of ¹**transition** you live with a lot of uncertainties and imbalances, which create huge ²**comfort**. It is important to know that it is natural for you to feel stressed, and that it is okay. Just keep in mind that whatever stresses you out now will eventually pass.

More Tips to Keep Stress under Control

1. Avoid ³**laziness**. Be realistic and do not try to be perfect.
2. Learn to relax. When you feel extreme stress, get ⁴**quiet** and take a few deep breaths. This brings oxygen to your brain and helps you relax.
3. Treat your body well. Watch what you eat. Under stressful conditions, the body needs vitamins and minerals more than ever. A good night's sleep will ⁵**relieve** stress as well.
4. Get help. Stress can be overwhelming. Do not hesitate to ask for help from a trustworthy adult or a school counselor.

어법 수정

- 1) taking
- 2) where
- 3) I'll be able to lift my feet
- 4) stressed
- 5) tired
- 6) knowing
- 7) you are under stress
- 8) wisely
- 9) its
- 10) specializing
- 11) you will fight better
- 12) that
- 13) It is a normal reaction that almost everyone experiences.
- 14) going
- 15) developed
- 16) protect
- 17) run
- 18) releasing
- 19) that
- 20) prepare
- 21) the human race could not have survived
- 22) done
- 23) you would not be able to gather enough energy
- 24) achieve
- 25) the stress reaction remains the same
- 26) it was a matter of either death or survival
- 27) are
- 28) were
- 29) an assignment due the day after tomorrow
- 30) The danger signs are almost always on
- 31) build
- 32) working
- 33) feels
- 34) restless
- 35) have
- 36) helps
- 37) happening
- 38) solve
- 39) want
- 40) is
- 41) ways
- 42) skipping
- 43) even
- 44) is
- 45) what
- 46) is
- 47) replaces
- 48) that
- 49) be refreshed
- 50) strike a balance between work and play
- 51) done
- 52) schedule
- 53) try not to worry about school or homework
- 54) having

- 55) anything special
- 56) that
- 57) is
- 58) becoming
- 59) which
- 60) to feel
- 61) overscheduling
- 62) overwhelming

어휘 수정

- 1) ²healthy ⁵cause
- 2) ¹abnormal ⁴endanger
- 3) ⁵off ⁶improve
- 4) ³tired ⁵imbalance
- 5) ²comfort ³laziness