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Feifei

欢迎收听 BBC 英语教学的“地道英语”节目。大家好！我是冯菲菲。

Roy

...and me, Roy.

Feifei

我们可能听起来与以往有些不同，这是因为在新冠肺炎疫情爆发期间，我们无法在平时的录音间录制节目。

最近，有很多关于“self-isolation（自我隔离）”和“staying at home（呆在家里）”的讨论。在这期节目中，我们要教给大家的这个表达可以用来描述因长期呆在屋内，足不出户，而可能感受到的压力。

Roy

That's right Feifei. Today, we're going to talk about 'cabin fever'.

Feifei

“Cabin fever”是一种由于长时间被困或被隔离在室内而产生的反应。据说，“cabin fever”这个表达源于人们被困在一个小木屋里——“a cabin”，无法离开。由于暴风雪等极端天气条件，人们可能无法走出去，因为“cabin”这种建筑通常建在山上。

Roy

People can become sad, restless and even lack concentration. They may also get food cravings, which in turn may lead to weight changes.

Feifei

是的，这种感觉让人感到非常焦虑。

Roy

Which is why we're going to tell you some things that experts say you can do to help you cope with cabin fever.

Feifei

Yes, we'll let you know right after these examples using the words 'cabin fever'.

Examples

I started to suffer from cabin fever after I was stuck at home for two weeks.

Some scientists think that cabin fever is linked to the feeling of claustrophobia – the fear of being in closed places.

He said he felt really anxious and that he was suffering from cabin fever after not being able to leave his house. He also said he had gained weight.

Feifei

这里是 BBC 英语教学的“地道英语”节目。我们在一起学习的表达是“cabin fever（幽居病）”。“Cabin fever”指的是一些人由于长时间待在封闭空间内产生不安与烦躁的状态。

Roy

But apparently there are some ways that you can cope if you're suffering from cabin fever, aren't there, Feifei?

Feifei

Yes. 想避免“cabin fever”，要做的第一件事情就是要给自己制定一个固定的作息时间表“set up a routine”，就像你要去上学或者上班一样。

Roy

Yes, this helps regularity and limits binge eating and weight issues. Also, it's important to try and stimulate your mind.

Feifei

Things like television are OK for distraction, but they don't overly stimulate you. Something like reading a book may be more interesting and keep your mind active. 所以，要合理安排作息时间表，不要光看电视，像读书这样的事情可能会让你的思维保持活跃。

Roy

Yes, and doing things like puzzles or crosswords can also help. I really enjoy doing quizzes online. Also, you should make sure your friends and families are coping if they are in the same situation.

Feifei

Absolutely. 还有就是给家人和朋友打个电话，问问他们的情况，聊聊天。最后，设定目标很重要——**set goals! Try to achieve things in your day to keep you focussed. You could even make weekly goals depending on how long your isolation will be for.** 给自己设定每天或者每周的目标，这样可以让你保持注意力集中。

Roy

Hey, why not try writing a book?

Feifei

That's an idea. Bye, Roy.

Roy

Bye.