

*词汇: relaxing sounds 令人放松的声音*

In a fast-paced world, where stress and mental fatigue seem commonplace, we're constantly looking for new ways to **unwind**. Some people take a hot bath, watch a film, go for a run, or listen to slower **tempo** music to help them relax. But what about the **chirrup**s and **whistles** of **birdsong** or other nature sounds? Could they also help people to let go of the tensions of modern life?

According to a study by King's College London in 2022, seeing or hearing birds could help to boost the mental **wellbeing** of people. Taking a trip to a place rich in **birdlife** like parks, forests and canals and encountering birds **chirping** and **warbling** to each other in the trees could even help to treat some mental health conditions. And it's not just birds that could have a **therapeutic** effect on our moods. Another study commissioned by the National Trust compared the effects of **woodland** sounds with voiced meditation apps. The study found listening to birdsong as well as other woodland sounds like leaves **crunching** underfoot or the gentle **trickle** of a stream boosted feelings of relaxation 30% more than an app. Other sounds which may help to **chill** people **out** are **waves lapping** on the **shore**, gentle **breezes**, and light **rainfall**.

However, not all of us live in **rural** surroundings, and depending on where we live, a trip to the countryside to see birds may not be an option. But could the nature sounds that originate there still help you? According to research by California Polytechnic State University, even a recording of the sounds of birds had a profound effect on people's mood, while other studies saw people listening to **soundscapes** of the coast and forests with similar outcomes to their wellbeing.

So, wherever you live, you can access the wonderful sounds of birds and nature, be it during a stroll through a wood or via some headphones. And maybe listening to the chirps, **trills**, warbles and whistles of some birds could help you to relax after a long, hard day.

## 词汇表

<b>unwind</b>	放松
<b>tempo</b>	(音乐的) 速度, 节奏
<b>chirrup</b>	(鸟) 唧唧叫
<b>whistle</b>	(鸟) 鸣叫
<b>birdsong</b>	鸟鸣声
<b>wellbeing</b>	健康
<b>birdlife</b>	鸟类
<b>chirp</b>	(鸟) 啁啾, 唧唧叫
<b>warble</b>	(鸟) 啾鸣
<b>therapeutic</b>	使人放松的, 有疗效的
<b>woodland</b>	树林, 林地
<b>crunch</b>	发出嘎吱嘎吱的声音
<b>trickle</b>	涓涓细流
<b>chill out</b>	使(人) 放松
<b>wave lapping</b>	波浪拍打
<b>shore</b>	(海、湖、河) 岸
<b>breeze</b>	微风
<b>rainfall</b>	下雨
<b>rural</b>	乡村的
<b>soundscape</b>	声景
<b>trill</b>	(鸟) 啼啭

## 测验与练习

### 1. 阅读课文并回答问题。

1. According to the article, what things do some people do to relax?
2. Which places can you visit that could help treat some mental health conditions?
3. What percentage were nature sounds better at improving feelings of relaxation compared to voiced meditation apps?
4. Other than birdsong, what other nature sounds could help people to relax?
5. True or False? *Listening to recorded birdsong helps people to relax.*

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Try listening to some waves lapping on the shore. The sounds could chill you \_\_\_\_\_.

out	in	up	off
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2. I decided to give up my life in the city and move to a \_\_\_\_\_ area.

lap	wave	underfoot	rural
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3. There's a gentle \_\_\_\_\_ blowing today, so it could be good to go for a walk.

soundscape	breeze	rainfall	shore
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4. I find eating ice cream and watching my favourite TV show really \_\_\_\_\_.

birdlife	tempo	therapeutic	whistle
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5. I love the sound of fresh snow as it \_\_\_\_\_ when I walk.

crunches	trickles	chirrup	warbles
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## 答案

### 1. 阅读课文并回答问题。

1. According to the article, what things do some people do to relax?

**Some people take a hot bath, watch a film, go for a run, or listen to slower tempo music to help them relax.**

2. Which places can you visit that could help treat some mental health conditions?

**Taking a trip to a place rich in birdlife like parks, forests and canals and encountering birds chirping and warbling to each other in the trees could even help to treat some mental health conditions.**

3. What percentage were nature sounds better at improving feelings of relaxation compared to voiced meditation apps?

**The study found listening to birdsong as well as other woodland sounds boosted feelings of relaxation 30% better than an app.**

4. Other than birdsong, what other nature sounds could help people to relax?

**Other sounds which may help to chill people out are waves lapping on the shore, light breezes, and gentle rainfall.**

5. True or False? *Listening to recorded birdsong helps people to relax.*

**True. According to research by California Polytechnic State University, even a recording of the sounds of birds had a profound effect on people's mood.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Try listening to some waves lapping on the shore. The sounds could chill you **out**.

2. I decided to give up my life in the city and move to a **rural** area.

3. There's a gentle **breeze** blowing today, so it could be good to go for a walk.

4. I find eating ice cream and watching my favourite TV show really **therapeutic**.

5. I love the sound of fresh snow as it **crunches** when I walk.