

'Chillaxing' 危机关头放松冷静

Vocabulary: taking time off 词汇: 休息放松

In the middle of an economic crisis most people seem to expect their leaders to be **stressed out** and on an **unrelenting** search for solutions.

So what happens when we learn that even in this climate they can actually be **taking it easy, putting up their feet** and enjoying some **me-time**?



The British PM David Cameron was criticised in the media when it was disclosed he liked **to chillax** with a few glasses of wine at lunchtime, a karaoke session and watching DVDs with wife Samantha. It has also been said that he spends hours playing a computer game.

However, there's nothing new about prime ministers **taking time off** from the **daily grind** of government. Winston Churchill **enjoyed a break** from work painting watercolours (and he still found the time to defeat the Nazis!).

Running seems to be a particularly favourite way for senior politicians **to unwind**. White House security officers had to speed up to follow the then US president Bill Clinton on his regular jogging excursions. And his wife, Hillary Clinton, didn't let her position as Obama's Secretary of State prevent her from **letting her hair down** in April during the Summit of the Americas in Cartagena, Colombia. After several long days of diplomacy, she found time for dancing and drinks at a bar called Cafe Havana.

Many senior politicians or their aides refrain from giving a clear answer when asked what they do **to relax**. Somehow one is left with the sense that politicians feel it potentially politically damaging to admit that they might have a life outside of politics. But even **driven** and powerful people might find a way of keeping some level of **work-life balance**.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. According to the article, what does the British PM do to relax?
2. Who painted watercolours?
3. True, false or not given: *Many politicians think they'd become unpopular if people knew they are not worried about current affairs all the time?*
4. What expressions that include parts of the body are used to describe times of relaxation?
5. What word is used in the article to describe someone who is very ambitious and determined to succeed?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. London is a dynamic city but its many parks allow workers to _____ especially on weekends.

| | | | |
|--------|--------|--------|----------|
| remind | unwind | rewind | unrewind |
|--------|--------|--------|----------|

2. When I drive to work I leave home very early so I don't get stressed _____ even when there is a traffic-jam.

| | | | |
|----|----|------|-----|
| on | in | away | out |
|----|----|------|-----|

3. After passing her exams with high marks earlier this year Mary decided to _____ time off from her studies and travel around the world.

| | | | |
|------|-----|-----|-------|
| take | put | let | drive |
|------|-----|-----|-------|

4. I've been putting a lot of weight on recently and my doctor advised me to _____ from eating cake.

| | | | |
|--------|---------|--------|---------|
| remain | retrain | rewind | refrain |
|--------|---------|--------|---------|

5. My father has just retired after 30 years working as a teacher. Finally he decided to take things _____.

| | | | |
|------|------|------|------|
| nice | calm | easy | down |
|------|------|------|------|

Answers and Glossary 答案与词汇

Quiz 小测验

1. According to the article, what does the British PM do to relax?
David Cameron drinks wine, takes part in karaoke sessions, watches DVDs and plays a computer game.
2. Who painted watercolours? Winston Churchill
3. True, false or not given: *Many politicians think they'd become unpopular if people knew they are not worried about current affairs all the time?* True
4. What expressions that include parts of the body are used to describe times of relaxation? To put up (their) feet and to let (her) hair down.
5. What word is used in the article to describe someone who is very ambitious and determined to succeed? Driven.

Exercise 练习

1. London is a dynamic city but its many parks allow workers to unwind especially on weekends.
2. When I drive to work I leave home very early so I don't get stressed out even when there is a traffic-jam.
3. After passing her exams with high marks earlier this year Mary decided to take time off from her studies and travel around the world.
4. I've been putting a lot of weight on recently and my doctor advised me to refrain from eating cake.
5. My father has just retired after 30 years working as a teacher. Finally he decided to take things easy.

Glossary 词汇表

| | |
|-------------------------------|------------------|
| to be stressed out | 精神极度紧张 |
| unrelenting | 不屈不挠的 |
| to take it easy | 从容/不急 |
| to put up (their) feet | 放松（直译：双脚惬意搭在茶几上） |
| me-time | 完全为属于自我的时间 |
| to chillax | 淡定/放松 |
| to take time off | 休假 |
| the daily grind | 日常工作 |
| to enjoy a break | 享受假期 |
| to unwind | 放松 |
| to let (her) hair down | 放松 |
| to relax | 休息/放松 |
| Driven | 有动力的，雄心勃勃的 |
| work-life balance | 工作与生活的平衡 |