

词汇: *modern life* 现代生活

Procrastination is often seen as the enemy of **productivity**. Images of lazy people with **feet up** on desks or wasting time to **dodge** work spring to mind at the very mention of the word. And there are many things which indicate that procrastination is a problem which needs **addressing**. But could there be some benefits to it too?

We live in a **high-octane** world – always **on the go**, racing from one task to another. And at times, **duties**, be it work or personal, can feel **relentless** – with our **nose** constantly **to the grindstone**. Sometimes we just need to **switch off**, **chill out** and **reboot**. A little procrastination can help detach us from the pressures of modern life. According to psychotherapist F Diane Barth, watching TV, taking a long bath or listening to music can help us to **ease off**.

And it's possible that procrastination has become more prevalent during the pandemic. With many countries going through lockdowns, some of us have suddenly found ourselves with more time – not having the hours of commutes, or options of social activities we once **took for granted**. Being at home, many of us quickly discovered that it is impossible to be productive 24-7. That extra relaxation can help us to be more productive or creative **in the long run**, allowing us to clear our minds and focus better.

The issue is that many of us see that time not working as lost time. And we almost develop a sense of guilt related to not **making the most of** every moment. German sociologist and economist Max Weber says that we've almost got to the point of believing that the busier we are, the better, and that there is a sense of morality connected with time usage. It seems important to remember that taking a little time away from yourself is not just **slacking off**.

So, while being productive is important, it seems that some amount of **downtime** and procrastination can help us to relax and become more focussed. The next time you feel really stressed, why not try wasting a little time? You might just like it.

## 词汇表

<b>productivity</b>	生产力
<b>feet up</b>	脚翘在桌子上, 指休息放松
<b>dodge</b>	躲避, 逃避
<b>address</b>	设法解决, 应对
<b>high-octane</b>	充满活力的
<b>on the go</b>	忙个不停
<b>duty</b>	责任, 义务
<b>relentless</b>	一刻不停的, 没完没了的
<b>nose to the grindstone</b>	埋头苦干
<b>switch off</b>	不再关注, 不再想
<b>chill out</b>	(疲劳后) 放松一下
<b>reboot</b>	重新投入
<b>ease off</b>	减轻压力
<b>take for granted</b>	想当然, 把...视为理所应当的
<b>in the long run</b>	从长远来看
<b>make the most of</b>	充分利用
<b>slack off</b>	偷懒, 懈怠
<b>downtime</b>	休息时间

## 测验与练习

### 1. 阅读课文并回答问题。

1. What do some of us imagine when hearing the word 'procrastination'?
2. What activities, according to F Diane Barth, can help you relax?
3. What did some of us take for granted before the pandemic?
4. What does Max Weber say we've almost got to the point of believing?
5. What can downtime help us to do?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Why don't you just relax and put your \_\_\_\_\_ on the chair.

dodge	feet up	relentless	downtime
-------	---------	------------	----------

2. I've decided to \_\_\_\_\_ the most of the day and go scuba-diving.

feet up	make	slack	do
---------	------	-------	----

3. Get back to work and don't \_\_\_\_\_ off!

slack	dodge	feet up	downtime
-------	-------	---------	----------

4. The first issue I wish to \_\_\_\_\_ in the meeting is about funds.

address	downtime	feet up	chill out
---------	----------	---------	-----------

5. We should take a shortcut if you want to \_\_\_\_\_ the traffic jam.

chill out	feet up	dodge	relentless
-----------	---------	-------	------------

## 答案

### 1. 阅读课文并回答问题。

1. What do some of us imagine when hearing the word 'procrastination'?

**Images of lazy people with feet up on desks or wasting time to dodge work.**

2. What activities, according to F Diane Barth, can help you relax?

**Watching TV, taking a long bath or listening to music can help us to ease off.**

3. What did some of us take for granted before the pandemic?

**The option of social activities around our daily working lives.**

4. What does Max Weber say we've almost got to the point of believing?

**That being busier makes us better.**

5. What can downtime help us to do?

**Some amount of downtime and procrastination can help us to relax and become more focussed.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Why don't you just relax and put your **feet up** on the chair.

2. I've decided to **make** the most of the day and go scuba-diving.

3. Get back to work and don't **slack** off!

4. The first issue I wish to **address** in the meeting is about funds.

5. We should take a shortcut if you want to **dodge** the traffic jam.