

词汇: *resilience* 适应力

We've all heard of IQ, and terms like EQ, which relates to your emotional intelligence, are commonly used. But have you heard of AQ? AQ stands for **adversity** quotient and measures your ability to deal with the **ups and downs** of life. Being able to **handle** these **rough patches** we all go through is not only important in our personal lives but in our professional lives too. So how can we learn to be more resilient?

Adverse situations can **take us by surprise** and shock us. In the workplace, it could be in the form of **redundancies**, the company we work for going under or being restructured, or even missing out on a promotion. Failed friendships and relationships, financial hard times and even **bereavements** are things that can occur outside of work. AQ measures our ability to **withstand** the shocks when life throws **curveballs** at us – how likely we are to **crumble** or **thrive** in these situations. It can be used to predict our attitudes, **perseverance**, **longevity**, and the way we learn from changes in environment. In short, our resilience when there is a **drastic** change.

Luckily, there are some steps you can take to help you be more **resilient** and **adaptable in the face of** adversity, according to Dr Shahram Heshmat, professor of health economics at the University of Illinois. First, try and find a **meaningful** goal. Resilient people often have an aim and are able to concentrate more on a desired outcome, seeing negative situations as **a bump in the road** on the way to achieving their goal. Learning to relax and regulate your emotions is another key step – one way to help you destress is by practising breathing exercises. Likewise, **dwelling on** things and letting them **get to** you can cause you to be stressed. See difficulties more as an opportunity to learn and grow emotionally. Finally, make sure you have a good social **support network**. Being able to talk with someone about the challenges we face can help.

Things happen in life we can't prevent – and sometimes they aren't pleasant. But, taking a few steps to be more resilient can make them a little easier to get through.

词汇表

adversity	逆境，不幸
ups and downs	起起伏伏，波折
handle	应对，处理
rough patch	磕磕绊绊，困难时期
take someone by surprise	使某人措手不及
redundancy	裁员
bereavement	亲友丧亡
withstand	经受，承受
curveball	突如其来的难题
crumble	崩溃
thrive	出色应对（困难）
perseverance	坚持不懈
longevity	此处指持续的时长
drastic	（变化）巨大的
resilient	适应力强的
adaptable	可适应变化的
in the face of	面对（困难）仍…
meaningful	有意义的
a bump in the road	一次坎坷、挫折
dwelling on	念念不忘，耿耿于怀
get to someone	使某人难受
support network	提供支持的关系网络

测验与练习

1. 阅读课文并回答问题。

1. What does AQ stand for?
2. What adversities are mentioned that may occur in the workplace?
3. What adversities are mentioned that may occur in our personal lives?
4. Why does having a meaningful goal help in adverse situations?
5. What can you learn to help you destress?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Can you _____ this problem? Let me know if you need any help!

in the face of	redundancies	handle	drastic
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2. I hope she doesn't _____ under the pressure. She has a lot of work to do.

handle	crumble	in the face of	ups and downs
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3. Stop _____ on the past and start thinking about the future.

in the face of	drastic	dwelling	get to
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4. Due to financial restructuring, there will be a number of _____.

get to	redundancies	handle	drastic
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5. I didn't mean to throw you a _____ with that question. Sorry.

curveball	redundancies	drastic	in the face of
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答案

1. 阅读课文并回答问题。

1. What does AQ stand for?

AQ stands for adversity quotient and measures your ability to deal with the ups and downs of life.

2. What adversities are mentioned that may occur in the workplace?

In the workplace, adverse situations could be in the form of redundancies, the company we work for going under or being restructured, or even missing out on a promotion.

3. What adversities are mentioned that may occur in our personal lives?

Failed friendships and relationships, financial hard times and even bereavements are adverse situations that can occur outside of work.

4. Why does having a meaningful goal help in adverse situations?

Resilient people often have an aim and are able concentrate more on a desired outcome.

5. What can you learn to help you destress?

Learning to relax and regulate your emotions is a key step – one way to help you destress is by practising breathing exercises.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Can you **handle** this problem? Let me know if you need any help!

2. I hope she doesn't **crumble** under the pressure. She has a lot of work to do.

3. Stop **dwelling** on the past and start thinking about the future.

4. Due to financial restructuring, there will be a number of **redundancies**.

5. I didn't mean to throw you a **curveball** with that question. Sorry.