

中心：\_\_\_\_\_

姓名：\_\_\_\_\_

### 1121113 高中職生英翻中短文翻譯題目

The effect of physical and mental demands and pressures on the human body may be thought of as stress. Everyone's life has some stress. In day-to-day situations, your body can handle normal stress. Even when stress continues, the body will react by demanding physical and mental rest. After rest, it is again ready to take on stress. In fact, a certain amount of stress is necessary. The right amount for you depends on your individual physical and mental makeup. Alicia, for example, is always on the go. She joins in all sorts of clubs and organizations in school. Out of school, she competes year-round in sailing races. Keeping up with all her activities requires her to handle a great deal of physical and mental stress.

physical 生理

mental 心理

amount 量

year-round 常年的