

中心：_____

姓名：_____

1100510 大專院校畢業生 中翻英短文翻譯 題目

當你面對壓力情況時，你通常如何做呢？我會深呼吸，然後圍繞公園散步 30 分鐘，有時我也會去公司附近的便利商店買瓶飲料，然後再繼續工作，短暫休息後，工作效率會變得較好，每個人都有他或她自己的處理壓力方式，現在輪到你分享你的方式！

面對 confront

有壓力的 stressful

效率 efficiency

處理 deal with

1100510 大專院校畢業生 中翻英短文翻譯 參考答案

What do you usually do when you confront a stressful situation? I will take a deep breath and then take a walk around the park for thirty minutes. Sometimes I will go to the convenience store near my company and buy a bottle of drink. Then I continue to work. After a short break, working efficiency would become better. Everyone has his or her own way to deal with the pressure. Now it's your turn to share your way!