

## 《怎么用英语说“压力山大”？这些表达你都要清楚》

作为一个80后、90后你有没有觉得压力越来越大？没结婚前，有着极大的结婚压力，要筹备婚房、要给彩礼，结了婚后，又有极大的育儿压力，要给孩子提供最好的教育，要还房贷、车贷，每个月钞票还没到口袋，就已经被计划好了怎么花。不得不说，现在的年轻一代真的是压力山大啊！那么，怎么用英语来说“有压力”呢？



### 01.有压力的

stressed (out) /strest/

I feel stressed.我感觉很有压力。

She looks stressed out.

她觉得很有压力。 I am stressed.

我很紧张。

02. 给（某人）压力，使紧张Sth stresses (one) out

You ' re stressing me out!

你让我很紧张！

I don ' t want to do it because I know it will stress me out.

我不想做这件事，因为我知道这会让我很有压力。



03.心力交瘁；燃尽Burnt out

I feel really burnt out after such a busy day at work today.

今天工作忙了一天，我感到筋疲力尽。

I am burnt out from studying for my exams.

我因为准备考试而精疲力竭。

04.（某人）心事重重A lot on (one ' s) mind

He ' s got so much on his mind at the moment.

他此刻心事重重。

I ' m sorry. I have a lot on my mind these days, can you repeat that?

很抱歉，我这几天有很多心事，请问你能再重复一遍嘛？



05.(某人)有太多事要做A lot/too much on (one ' s) plate  
I ' m sorry, I can ' t do it. I ' ve just got too much on my plate right now.

很抱歉，我做不了。我现在手头上工作太多了。

Are you sure you want to volunteer at the local church? You ' ve already got so much on your plate.

你确定要去当地教堂做志愿者吗？你已经忙得不可开交了。

06.在压力下做某事Under pressure + to do sth

He ' s under pressure to get his s cript finished by Wednesday.

他面临着在周三前完成脚本的压力。

My boss has put me under a lot of pressure to present the results by Friday. I just don ' t think we can do it.

老板给了我很大的压力，要我在周五前提交结果。我只是觉得我们做不到。



#### 07.使精疲力竭

Run/work (oneself) into the ground  
I ran myself into the ground.

我把自己累垮了。I know I got sick because I worked myself into the ground.

我知道我生病是因为我把自己累垮了。08.厉声说

Snap (v)

I ' m sorry I snapped at you. I ' ve just had a really long day.

对不起，我对你发火了。我今天真的很累。

I don ' t know why snapped at me. I guess he ' s under a lot of pressure at work.

我不知道为什么要对我发火。我猜他是因为今天工作压力太大了。

