《从winter blues谈起》

或许有人在看到winter blues一词之后会把它与音乐联系起来，因为blues就有表示“布鲁斯音乐”的意思。其实不然，此处的blues指的是人的心情。一到大冬天，天寒地冻，大家的心情肯定会觉得比较低沉，甚至有的人会变得抑郁。这样的心情在英文中就叫winter blues。

???????????????blues???1741??????“feelings of melancholy, sadness, or depression; the ‘blue devils’”??????blue devils???blue devil????1616??blue devil??????“A harmful or malignant demon, esp. one that causes melancholy”???????????????1756??????blue devils??????????depression???????blue devil?????pink elephant??????????????????——?????????

??????winter blues?????????????????????????????????????2014?????????????????????“a feeling of depression or deep unhappiness associated with experiencing the cold and darkness of winter”?????????????winter blues??“?????”?

?????80????????????????????????SAD???seasonal affective disorder??depression????????????????????“??”?sad???????SAD?????????????????????“????????”?

blues???????????baby blues?????????????????????????????baby blue???????????????????????baby blues????????“???”?“?????”??????baby blues?????????????????post-natal depression???baby blues?????1940?????????????????????????

??baby blues??????????????????????cyberchondria????????diabesity??????lifestyle disease????????man flu??????misophonia??????patient zero???????popcorn lung???????scanxiety??????????

?????????????????heartsink patient?the worried well???“???”??????heartsink?????????????????????????his heart sinks???????1970????????????????????????????????“people who are excessively and unnecessarily co ncerned about their physical or mental health, regarded as a class”?????????????????????????“??????”?????

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