博幼基金會
教育脫貧・讓知識帶希望回家

中心：_____　　姓名：_____

1150928 社會人士中翻英短文翻譯題目

當你情緒低落時，沒有什麼比親人給你一個大大的擁抱更能讓你振作的了。但擁抱的正面影響遠不只是一個簡單的鼓勵而已。科學家發現，擁抱這個動作對心理的健康、身體健康和兒童發展都有很大的好處。擁抱會讓你的身體釋放許多改善情緒的化學物質。這些化學物質會讓你的壓力值下降並減輕擔心和孤獨的感受。擁抱還有助於在擁抱者之間建立更緊密的關係。這表示擁抱對於強化人際關係和減少衝突非常有用。此外，經常擁抱的人在對抗疾病時能獲得改善。

心理的 mental　　身體健康 physical well-being

化學物質 chemical　　衝突 conflict

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When you’re feeling down, there’s nothing like a nice big hug from a loved one to cheer you up. But the positive effects of hugging go beyond a simple shot in the arm. Scientists have discovered that the act of hugging has great benefits for mental health, physical well-being, and child development. Hugging causes your body to release a number of chemicals that improve your mood. These chemicals cause your stress levels to fall and reduce feelings of worry and loneliness. Hugging also helps create a stronger connection between huggers. This means that hugs are great for deepening relationships and reducing conflict. In addition, people who frequently hug receive a boost when fighting off illness.