

《办公室最实用的英语口语：压力》

职场几乎不会有零压力的时候。和同事、朋友多聊聊天，有助于缓解压力，帮助你更好地面对工作。

Brian: Steve, you look pale. What happened?

布莱恩：史蒂夫，你面色苍白呀。怎么了？

Steve: I didn't sleep a wink last night.

史蒂夫：我昨晚根本没睡觉。

Brian: Did you have something on your mind? You look so concerned! May be I can help you.

布莱恩：你在想什么事吗？你看起来很专注啊。也许我可以帮帮你。

Steve: Well, I'm under a lot of pressure. My boss is very pushy. He assigned me three projects. Now the deadlines are near and I still haven't finished all of my projects.

史蒂夫：我最近压力很大。我老板太严格了，一下让我做三个项目。现在期限就要到了，可我一个都没做完呢。

Brian: Is there anything I can do to help you?

布莱恩：我能帮上什么忙吗？

Steve: Well, I guess no one can help me but myself. For the moment, I just need someone to talk to so that I can relieve my stress.

史蒂夫：哎，我想我只能靠自己了。现在我只需要一个可以说话的人，让我缓解一下压力。