



Unit 34

Technology and Work-Life Balance

A EXERCISE • 實戰演練

As remote work continues to grow, maintaining work-life balance is more important than ever. Experts advise setting clear boundaries, such as designated work hours and spaces. Turning off notifications after hours helps prevent burnout. Employers are also adapting by offering flexible schedules and mental health days. By balancing productivity with personal time, individuals can lead happier, healthier lives.

B LANGUAGE FOCUS • 學習焦點

■ **more ... than ever** (比以往任何時候都更……)

[說明] 這個比較級結構，強調現在的程度超過過去任何時候。

- *Maintaining work-life balance is more important than ever.*
(保持工作與生活的平衡比以往任何時候都更加重要。)
- *The cost of living is more expensive than ever in this city.*
(這個城市的物價比以往任何時候都更貴。)

C WORDS & PHRASES • 詞彙片語

1.	remote	[ri'mot]	(adj.) (電腦系統)遠端的；遙遠的
2.	balance	['bæləns]	(n.) 平衡 (v.) (使) 平衡
3.	maintain	[men'ten]	(v.) 維持，保持
4.	boundary	['baundəri]	(n.) 界限，邊界
5.	designated	['deziɡnetɪd]	(adj.) 指定的，任命的
6.	notification	[,notɪfɪ'keɪʃən]	(n.) 通知，通告
7.	prevent	[prɪ'vent]	(v.) 預防，阻止
8.	burnout	['bɜːnaʊt]	(n.) 精疲力竭，倦怠
9.	employer	[ɪm'plɔɪə]	(n.) 僱主
10.	adapt	[ə'dæpt]	(v.) 適應，調整
11.	flexible	['fleksəbl]	(adj.) 靈活的，可變通的
12.	schedule	['skedʒʊl]	(n.) 時間表，計劃
13.	mental	['mentəl]	(adj.) 心理的，精神的
14.	productivity	[,prɒdʌk'tɪvɪti]	(n.) 生產力，效率
15.	lead/live a ... life		(phr.) 過著……的生活