



## Unit 35

### Gardening for Mental Health

#### A EXERCISE • 實戰演練

Gardening is a therapeutic activity gaining recognition for its mental health benefits. Connecting with nature reduces stress and anxiety, while the physical activity involved boosts endorphins. Urban gardening initiatives are sprouting worldwide, offering city dwellers opportunities to grow plants. Even indoor gardening with small pots can provide a sense of accomplishment. Green thumbs, rejoice—your hobby is a proven stress-reliever!

#### B LANGUAGE FOCUS • 學習焦點

##### ■ a sense of + noun. (……感)

[說明] 表示「某種感覺、意識或觀念」，這種結構的名詞通常是抽象的。

• *Even indoor gardening with small pots can provide a sense of accomplishment.*

(即使用小花盆進行室內園藝也能帶來成就感。)

• *He has a good sense of humor.*

(他很有幽默感。)

#### C WORDS & PHRASES • 詞彙片語

1.	therapeutic	[ˌθerəˈpjʊtɪk]	(adj.) 有療效的；治療的
2.	recognition	[ˌrɛkəgˈnɪʃən]	(n.) 認可；承認
3.	reduce	[rɪˈdʒʊs]	(v.) 減少；縮小
4.	anxiety	[æŋˈzaɪəti]	(n.) 焦慮；不安
5.	physical activity	[ˈfɪzɪkəl ækˈtɪvɪti]	(n.) 身體活動；體力活動
6.	endorphin	[ɪnˈdɔːfɪn]	(n.) 腦內啡，安多酚
7.	urban gardening	[ˈʊbən ˈɡɑːdnɪŋ]	(n.) 城市園藝
8.	initiative	[ɪˈnɪʃətɪv]	(n.) 新計劃；倡議
9.	sprout	[spraʊt]	(v.) 發芽；萌芽
10.	dweller	[ˈdwɛlə]	(n.) 居民；住戶
11.	accomplishment	[əˈkʌmplɪʃmənt]	(n.) 成就；完成
12.	green thumb	[grɪn θʌm]	(n.) 園藝能手；擁有園藝天賦的人
13.	rejoice	[rɪˈdʒɔɪs]	(v.) 非常高興；充滿喜悅
14.	proven	[ˈpruːvən]	(adj.) 已證明的
15.	stress-reliever	[stres rɪˈlɪvə]	(n.) 減壓方法；壓力緩解者