



Unit 39

Arts and Creativity for Mental Wellness

A EXERCISE • 實戰演練

Engaging in creative activities like painting, writing, or music boosts mental health. Studies show that expressing creativity reduces stress and increases happiness. Community art programs and online tutorials make it easier to get started. Even small creative endeavors can have a big impact, encouraging personal growth and emotional balance.

B LANGUAGE FOCUS • 學習焦點

■ like + 名詞 / 代名詞 / 名詞片語 (像是……)

[說明] like 作為介系詞，可以用來舉例說明，用來引出範例，表示列舉相似或相關的內容。

• *Engaging in creative activities like painting, writing, or music boosts mental health.*

(參與像是繪畫、寫作或音樂等創意活動有助於提升心理健康。)

• *He enjoys outdoor activities like hiking, camping, and fishing.*

(他喜歡戶外活動，例如健行、露營和釣魚。)

C WORDS & PHRASES • 詞彙片語

1.	engage in	[in'gedʒ in]	(phr.) 參加；參與
2.	creative	[kri'eɪv]	(adj.) 創意的；有創造力的
3.	creativity	[ˌkri'eɪtɪvɪti]	(n.) 創造力；創意
4.	boost	[bʊst]	(v.)(n.) 提高；增強
5.	mental	['mentəl]	(adj.) 心理的；精神的
6.	express	[ɪk'spres]	(v.) 表達；表露 (n.) 快遞（郵寄）；快車
7.	reduce	[rɪ'd(j)us]	(v.) 減少；降低
8.	stress	[stres]	(n.) 壓力；強調 (v.) 強調
9.	increase	[ɪn'kris]	(v.)(n.) 增加；提高
10.	community	[kə'mjunɪti]	(n.) 社區；共同體
11.	tutorial	[tju'tɔriəl]	(n.) 教學；教程
12.	endeavor	[ɪn'devə]	(n.) 努力
13.	impact	['ɪmpækt] [ɪm'pækt]	(n.) （巨大）影響；衝擊（力） (v.) （對…）產生影響
14.	encourage	[ɪn'kʌɪdʒ]	(v.) 鼓勵，激勵
15.	personal growth	['pɜːsənl groʊθ]	(n.) 個人成長；自我發展