

職場生活美語新解

輸人不輸陣

處在資訊爆炸的年代，現代人凡事都要求快速。郵件要用快遞，電腦運算要神速，就連吃飯有時為了要省時間選擇去速食店。輸人不輸陣，職場上老闆要求員工工作要有效率，否則就缺少競爭力，將被對手超越。如果只用 rat race 及 fast-paced 這兩句，似乎都還不足以形容現代人在快速變化世界中，與時間競爭的焦慮與急迫性。因此，美國心臟醫學權威醫師曾以 hurry sickness 「時間緊迫性」形容此情形。早在 1950 年以前，這種被時間追著跑、老覺得時間不夠用、做每一件事情總是和時間賽跑的情況歸類成 Type A personality，英文解釋就是 harrying sense of time urgency，現代媒體則給此 Type A culture 另外名稱為 Accelerated Culture（十倍速文化）。Unbelievable we're living an accelerated culture now. Who's got ten minutes to spend waiting for a bus or one minute to download a song from iTunes? 英語世界裡曾把 in a New York Minute（老鷹合唱團 Don Henley 就曾唱過以此為歌名的歌曲）形容紐約的街道變化極為快速。若你跟不上時代腳步恐怕就要被淘汰了。

The English language is replete with some expressions where the name of a place has become associated with a particular quality. New York, for example, is stereotyped as people always in a hurry and often rude, although there are many polite and generous New Yorkers. The term "In a New York Minute" has been facetiously defined as the time between a New York City traffic light turning green and the driver of the car behind you honking his or her horn. Yes, I am living in a Taipei Minute.

忙與盲

工作之餘好不容易抽出時間和許久未見面的朋友吃飯聚餐，聊聊工作與家庭生活，當你問起最近如何？通常得到的答案不外乎是「很忙」或者是「忙得不可開交」。可見生活在十倍速時代中，「忙碌」這兩個字似乎已成現代人共同的生活寫照。社會學家將這種持續性的活動型態取名為 busy syndrome，也就是說，忙碌儼然成為人類不可避免的一種文明症。類似 busy syndrome 的用法還包括：Too-busy syndrome, I'm too busy syndrome, constantly busy syndrome, terminal busy

syndrome.

One of my friends told me that he hasn't been taking any annual leave since his first boy was born, vacation is hardly to reach. Then it is a far-far-away-land to him when the junior was born on the following year. When you ask someone how they are getting up these days, the answer more often than not is an exasperated "Oh, I am swamped! There seems to be no end to the amount of work I have to do." Just take a ballpark figure and see how many hours you work a week. Got an astonished numbers? In order to get ahead or avoid getting laid off, the anxious work long hours among us is quite common because we can't afford not to. People are working longer hours than ever before. On the flick side, people could murder to a too-busy syndrome to keep the schlep.

祝你有個好夢

因為工作忙碌而導致現在職場工作者常有睡眠不足的現象。雖然醫學專家建議平均一天要睡飽8小時，但對於忙碌的人而言好像是件奢侈的事情，有時為了趕隔天要交的報告，或是明天的期中期末考試，一天睡不到3小時稀鬆平常，要用英語形容趴在桌上小睡片刻，除 take a nap 外，還可以說 micro sleep 或者是 power nap，真要睡飽恐怕得等到周末才能補個回籠覺。因此美國媒體把這種普遍現象稱為 Sleep Camel. It's so obvious that you are beat because you have burned the midnight oil to make things perfectly done. I can tell you didn't sleep a wink, time now to have a micro sleep. So what is sleep camel? You get little sleep during the week and then attempts to make up for it by sleeping in and napping on the weekend. I am not going to set up the alarm, so it won't go off. Sleep tight, my pal. 至於表達睡覺的英語，除最常說的 go to bed 外，還有以下例句：

1. Honey. It's time to hit the sack!
2. Okay, kids, one more game and then it's beddy-bye. (這句用法通常是父母對小孩子說的話，聽起來就像是睡稿稿)
3. I am tired. I need to catch some Z's. (漫畫書裡頭都會以 ZZZZZ 來代表睡覺的符號，這是 catch some Z's 的由來)
4. John just crashed out on his bed when he got back home.
5. I need to get shut-eye. (shut-eye 是闔眼閉目養神，引申為睡覺的意思)

6. It's a sack time, honey.
7. I am totally wiped out. I like to snooze for a while.
8. It's Dave, sawing logs on the couch. (一個人睡覺的聲音像在鋸木頭，sawing logs 意指睡覺時打鼾的聲音)
9. I was conked out on the couch last night.
10. Fine. I think I could rack out on the sofa tonight.

別讓壓力成了壓垮你在職場的最後一根稻草

過度的壓力會讓人的身心產生不良結果，反之適度的壓力卻可以激發出尚未被開發的潛能。生活太過安逸很容易讓人意志消沉、失去競爭力。然而有壓力就要發洩，所以才會有人說抱怨是企業給員工最好的福利。把抱怨提升到效率不容易，但如果只是滿腔對工作同事或老闆的抱怨，自己卻什麼事也不做，甚至也不想去改變現況，只要受到一點點壓力就唉聲嘆氣。美語給這種人一個新名詞叫做 stress puppy. That does it! Listen, I've fed up with your belly aching. You are a little stress puppy. Do something and stop complaining. Everyone knows about stress.

Are you stressed out? In order to earn your keep you have to be a worker who is around the clock, an indefatigable employee. Most of us have experienced it, and have an idea about the harm it can do. But what can we do about it when we face with the stress? A minimum of stress is necessary to keep us motivated, but when the stress becomes unmanageable it can have serious consequences, such as depression, heart attacks or stroke. Surprisingly, many people are still unable to identify their own stress factors. This is partly because stress stops us thinking clearly and calmly about problems, including the problems that are causing the stress. Some causes of stress are quite well known around us, workplace conflicts, deadlines, work problems, exams etc., but others are less obvious. Any kind of loss can cause stress, from bereavement to a child leaving home, and so can illnesses or disabilities. Even some happy events are stressful, for example, moving house, getting married, starting a new job or even going on holiday can upset our mental calm.

開車小心怒路族

如果你是開車一族，那你一定很不喜歡一早開車出門就碰上塞車、等紅綠燈或道路施工，尤其在趕時間的情況下。短短的路程走走停停，駕駛的情緒通常都不會太好，於是就會開始邊開車邊發飆，萬一又碰到不遵守交通規則行車的人，有些駕駛火氣一來還會搖下窗戶痛罵對方：你到底會不會開車啊！road rage 這個新名詞在 1988~1993 年曾經出現在美國報章媒體版面，意思是駕駛者可能因為路上塞車、長途或長時間開車造成身心疲倦，甚至因為生活工作壓力所導致的一種情緒。road-rager 則是指發飆的駕駛。除 road rage，還可以用 car rage, driver rage, highway rage, motorist rage, taxi driver rage 來形容。不過目前除 road rage 外，已經把這個用法延伸到辦公室因同事間的彼此競爭或言語衝突而導致情緒上的爆怒，在美語用法中自然出現了 office rage. What causes road rage? Well, in my humble viewpoint, most often it's just a combination of traffic, tiredness, heat, or stress. 萬一在街上遇到一些稀奇古怪事情，免不了都會好奇想伸長脖子 rubbernecking delay 一探究竟。這裡所說的 rubbernecking delay 意思是路上開車看到前方有狀況時引起開車的駕駛伸長脖子想看個清楚而導致車速行駛緩慢。而老美又為什麼會用 rubberneck 這個字來形容這種好奇心的情況呢？rubber 的意思是橡膠，neck 是脖子，也就是說如果有人把脖子伸得和橡皮一樣長的話，模樣看起來似乎就像是在觀望遠方，美語有句話：curiosity kills the cat. 好奇心會殺死一隻貓，意指為了滿足好奇心搞不好反而會為自己招來禍害。還是奉勸開車朋友一旦碰上前方有交通事故，還是趕緊握好方向盤將車子繼續前進，別為了滿足自己一時的好奇心，反倒讓自己成了他人伸長脖子觀看的對象。

The drivers all slowed down and rubbernecked at the wreck. The rubbernecking delay on the I-44 to Kansas drives me crazy.

Driving on the road and stuck on traffic may cause the drivers mad as a hatter and become road rage. First the term 'road rage' was coined, soon to be followed by other rage terms to describe anger-induced abuse or violence. So perhaps it was inevitable that we would hear about office rage sooner or later to describe acts of physical or verbal violence at work. Office rage does not refer to workers simply losing their temper, throwing a wobbly and then apologizing ten minutes later, but to more serious incidents or

abusive behavior occurring on a regular basis. So what make employees feeling rage at workplace? Working long hours without regular breaks can cause staff to lose their tempers more regularly, and so can office layouts, cramped working environments, in which workers have to share small spaces with other people who they may not get well along with, can also make insignificant disputes become exacerbated into more serious incidents.