

Mandarin Corner

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My Friend Likes Getting Her Period!

00:00:04,133 --> 00:00:08,466

Dàjiā hǎo! Huānyíng lái dào Mandarin Corner!

大家好！欢迎来到Mandarin Corner!

Hello, everyone! Welcome to Mandarin Corner!

00:00:08,466 --> 00:00:17,609

Nà zài shàng yīgè shìpín dāngzhōng, wǒ yě gēn dàjiā fēnxiǎng dào
nǚrén zuìdà de bēi'āi

那在上一个视频当中，我也跟大家分享到女人最大的悲哀

In the last video, I talked about the worst thing about being a woman.

00:00:17,609 --> 00:00:22,513

Nà jiùshì lái yuèjīng, lái dà yímā.

那就是来月经，来大姨妈。

That is getting a period.

00:00:22,513 --> 00:00:27,037

Nà wǒ de hǎo péngyǒu Jane kàn dào zhège shìpín zhīhòu,

那我的好朋友Jane看到这个视频之后，

My good friend Jane saw that video,

00:00:27,037 --> 00:00:30,084

tā shuō tā yǒu bùtóng de gǎnshòu

她说她有不同的感受

She said she had a different opinion about this.

00:00:30,084 --> 00:00:36,036

Nà wǒ jiù hěn hàoqí dàodǐ tā yǒu shé me yàng de bùtóng de gǎnshòu?

那我就很好奇到底她有什么样的不同的感受？

So I am very curious about what her opinion is.

00:00:36,036 --> 00:00:39,751

Ràng wǒmen yǒu qǐng Jane lái gēn wǒmen fēnxiǎng yīxià

让我们有请Jane来跟我们分享一下

Let's ask Jane to share her opinion with us.

00:41,512 --> 00:00:47,369

Hā luō, dàjiā hǎo! Wǒ shì Jane, yěshì liǎng gè háizi de māmā.

哈啰，大家好！我是Jane，也是两个孩子的妈妈。

Hi, I am Jane. I am also the mother of two children.

00:00:47,369 --> 00:00:52,179

Wǒ fēicháng de zhīchí Eileen

我非常地支持Eileen

I really support Eileen

00:00:52,179 --> 00:00:55,417

Tōngguò zhèyàng de yīgè píndào,

通过这样的一个频道，

Through her Youtube channel,

00:00:55,417 --> 00:01:03,273

Lái gěi dàjiā fēnxiāng yīxiē yǒu yìyì de, yě yǒu zhēngyì de, yǒuqù de huàtí.

来给大家分享一些有意义的，也有争议的，有趣的话题。

to share her opinions on some meaningful, controversial and interesting topics.

00:01:03,273 --> 00:01:05,130

Xièxìè

谢谢！

Thank you!

00:01:05,321 --> 00:01:09,178

Nà shàng cì nǐ shuō dào yǒu bùtóng de xiǎngfǎ,
那上次你说过有不同的想法，
Last time you said you had a difference of opinion regarding this topic.

00:01:09,178 --> 00:01:13,940
shì yǒu shé me bùtóng de gǎnshòu, shénme bùtóng de jīnglì ne?
是什么不同的感受，什么不同的经历呢？
So why is it that you feel different and how is your experience different?

00:01:13,987 --> 00:01:20,939
Nà shǒuxiān wǒ tīng dàole Eileen zhěnggè de yīgè jīnglì,
那首先我听到了Eileen整个的一个经历，
To start off, when I listened to Eileen's entire experience,

00:01:20,939 --> 00:01:24,701
guānyú zhège yuèjīng de tánhuà ne.
关于这个月经的谈话呢。
regarding her discussion about getting a period,

00:01:24,701 --> 00:01:34,415
Shì yīgè tòngkǔ de, yīgè bùyúkuài de, yīgè bēi'āi dì gǎnshòu hé jīnglì.
是一个痛苦的，一个不愉快的，一个悲哀的感受和经历。
and her period being a very painful, unhappy and depressing feeling and
experience

00:01:34,939 --> 00:01:37,986

Wǒ shēn biǎo tóngqíng!

我深表同情！

I deeply sympathized with her!

00:01:37,986 --> 00:01:43,700

Qíshí, zài wǒ de yīgè jīnglì lái kàn,

其实，在我的一个经历来看，

Actually, from my experience,

00:01:43,700 --> 00:01:51,843

Wǒ gèng yuànyì bǎ yuèjīng kàn chéng shì wǒ de guīmì, wǒ de hǎo péngyǒu,

我更愿意把月经看成是我的闺蜜,我的好朋友,

I willingly welcome my period as a confidant, a good friend.

ó?! Shì ma? - Eileen

哦？！是吗？ – Eileen

Really?

00:01:51,843 --> 00:01:58,033

Shì ràng wǒ nénggòu zhēnxī, qù hēhù,

是让我能够珍惜, 去呵护,

Having a period makes me value being a woman and reminds me to take care of my body.

00:01:58,033 --> 00:02:03,223

érqiě yěshì yīgè hěn zìháo de yīgè shìqíng.

而且也是一个很自豪的一个事情。

It is also something that I am very proud of.

00:02:03,223 --> 00:02:07,366

Wèishéme ne? Wèishéme nǐ huì juédé shì guīmì ne?

为什么呢？为什么你会觉得是闺蜜呢？

Why? Why do you feel that your period is like a good friend?

00:02:07,366 --> 00:02:10,413

Wǒ juédé jiānzhí shì dírén!

我觉得简直是敌人！

I think it is really an enemy!

00:02:12,270 --> 00:02:20,936

Shì de, qíshí yuèjīng dài gěi wǒmen de shì yīgè jiànkāng nǚrén de yīgè biāozhì,

是的，其实月经带给我们的的是一个健康女人的一个标志，

Right! Actually, getting a period is a sign of a healthy woman,

00:02:20,936 --> 00:02:24,507

Yěshì yīgè chéngshú nǚrén de biāozhì,

也是一个成熟女人的标志

It is also a sign that you are truly an adult woman.

00:02:24,507 --> 00:02:32,839

érqiě yě huì ràng wǒmen de shēntǐ zhōuqí xìng de yǒu páidú de gōngxiào de.

而且也会让我们的身体周期性的有排毒的功效的。

Also, having a period has the cyclical effect of detoxifying your body.

00:02:32,839 --> 00:02:33,077

为什么呢？为什么你会觉得是闺蜜呢？

00:02:33,077 --> 00:02:37,363

Ó! Yuánlái shì yǒu hěnduō hǎo chǔ de, shì ba?

哦！原来是有很多好处的，是吧？

So what you are saying is that it has many good benefits, right?

00:02:37,363 --> 00:02:38,410

Shì de.

是的。

Yes.

00:02:38,410 --> 00:02:45,647

Nà wǒ yòu xiǎng wèn yīxià Janele, yīnwèi wǒ shì wèihūn de ma, nà méiyǒu jiéhūn

那我又想问一下Jane了，因为我是未婚的嘛，那没有结婚

So I want to ask you, since I am not married,

00:02:45,647 --> 00:02:48,568

Nǐ gānggāng shì jiǎng le jié le hūn zhīhòu,

你刚刚是讲了结了婚之后,

Since what you just said is based on your experience after being married

00:02:48,568 --> 00:02:50,980

kěnénghuì yǒuyīxiē gǎibiàn,

可能会有一些改变,

perhaps there are some changes in your body after you get married.

00:02:50,980 --> 00:02:54,932

Nà zhège gǎibiàn shì nǎ fāngmiàn de gǎibiàn ne?

那这个改变是哪方面的改变呢?

Where is there a change?

00:02:54,932 --> 00:03:04,264

en, shì de. Díquè shì hěnduō de dānshēn de, wèihūn de nǚxìng

嗯, 是的。的确是很多的单身的, 未婚的女性

Right, there really is a lot of unmarried women

00:03:04,264 --> 00:03:11,597

Fēicháng pǔbiàn de huì zài lìjià (yuèjīng) qíjiān huì yǒu tòngjīng de jīnglì,

非常普遍地会在例假 (月经) 期间会有痛经的经历,

It is very common for them to go through a very painful experience when they get their period.

00:03:11,597 --> 00:03:13,597

Huì yǒu kǒngjù de xīnlǐ

会有恐惧的心理

It is something they don't look forward to.

00:03:13,597 --> 00:03:20,977

Qíshí wǒ juédé yuèjīng huì gēn rén de yíchuán,

其实我觉得月经会跟人的遗传,

Actually the way a women experience a period is based on her genetics,

00:03:20,977 --> 00:03:28,785

Gēn yīgè rén de shēntǐ jiànkāng chéngdù, hái yǒu yǐnshí xíguàn huì
xīxīxiāngguān.

跟一个人的身体健康程度，还有饮食习惯会息息相关。

how healthy she is and her diet are all closely related to how she
experience her period.

00:03:28,785 --> 00:03:31,356

Suǒyǐ ne, dānshēn de shíhòu,

所以呢，单身的时候，

So , when you are single,

00:03:31,356 --> 00:03:40,212

rúguǒ hěnduō de nǚhái méiyǒu zhòngshì hé zhàogù hǎo, yuèjīng zhège
guīmì péngyǒu.

如果很多的女孩没有重视和照顾好,月经这个闺蜜朋友,

So if a woman does not take care of her self, then the period

00:03:40,212 --> 00:03:44,688

Suōyǐ tā dài lái de huì shì bùyúkuài de jīnglì.

所以它带来的会是不愉快的经历。

will be an unpleasant experience.

00:03:44,688 --> 00:03:45,069

A! Shì ma?- Eileen

啊！ 是吗？ – Eileen

Oh! Really? - Eileen

00:03:45,069 --> 00:03:50,554

Dānshēn de nǚxìng yīnggāi yào rúhé qù hēhù zìjǐ,

单身的女性应该要如何去呵护自己，

How should a single woman take care of herself,

00:03:50,554 --> 00:03:50,572

Dānshēn de nǚxìng yīnggāi yào rúhé qù hēhù zìjǐ,

单身的女性应该要如何去呵护自己，

How should a single woman take care of herself,

00:03:50,572 --> 00:03:53,096

Rúhé qù duìdài zhège guīmì ne?

如何去对待这个闺蜜呢？

how to deal with your period?

00:03:53,096 --> 00:03:58,429

en~wǒ juédé shǒuxiān cóng xīnlǐ de céngmiàn lái kàn,

嗯～我觉得首先从心理的层面来看，

First of all, a woman should, from a mental point of view

00:03:58,429 --> 00:04:06,428

Hěn zhòngyào de shì gǎibiàn cóngqíán de kǒngjù de, dānyōu de,

很重要的是改变从前的恐惧的，担忧的，

it is really important she change her old way of fearing and being concern about her period.

00:04:06,428 --> 00:04:09,237

bù huānyíng de yī zhǒng xīnlǐ zhuàngtài.

不欢迎的一种心理状态。

(Change) her unwelcoming attitude (towards her period).

00:04:09,285 --> 00:04:16,677

Ér shì yī zhǒng kāifàng de, yī zhǒng jiēnà de, yī zhǒng yúyuè de xīnjìng

而是一种开放的，一种接纳的，一种愉悦的心境

Rather she should have an open-minded, accepting, cheerful attitude (towards her period).

00:04:16,677 --> 00:04:23,759

Lái huānyíng wǒmen dà yímā de zàofǎng, huòzhě guīmì de zàofǎng.

来欢迎我们大姨妈的造访，或者闺蜜的造访。

We should view the period as a visit from a good friend.

00:04:23,759 --> 00:04:25,568

Ó ~ suǒyǐ wǒmen hái yào huānyíng tā.

哦~ 所以我们还要欢迎它。

So we should welcome it.

00:04:25,568 --> 00:04:27,378

Zhè shì dì yī diǎn

这是第一点

That's the first point.

00:04:27,378 --> 00:04:35,186

Dì èr gè ne, jiùshì zài zhège yuèjīng de láilín de qiánhòu,

第二个呢，就是在这个月经的来临的前后，

The second point is that before and after the period,

00:04:35,186 --> 00:04:42,090

Yào shìdàng de fàng màn gōngzuò hé xuéxí de jiézòu,

要适当地放慢工作和学习的节奏，

you should slow down your work and study to an appropriate pace.

00:04:42,090 --> 00:04:47,185

Yào jiǎnshǎo yīxiē jùliè de yùndòng,

要减少一些剧烈的运动，

Reduce doing some intensive exercises,

00:04:47,185 --> 00:04:50,470

Hé bù shìyí de yīxiē huódòng.

和不适宜的一些活动。

or do exercises that is not appropriate for you.

00:04:50,470 --> 00:04:56,612

Bǐfāng shuō, yóuyǒng a, jùliè de páshān yùndòng a

比方说，游泳啊，剧烈的爬山运动啊

For example, swimming or climbing mountains,

00:04:56,612 --> 00:05:05,802

Bāokuò yīxiē áoyè a, bāokuò yīxiē cìjī xìng de yǐnshí a děng děng,

包括一些熬夜啊，包括一些刺激性的饮食啊等等，

This is also includes not staying up late at night, eating a spicy diet and so on.

00:05:05,802 --> 00:05:08,040

Wǒ juédé dōu yào shōuliǎn.

我觉得都要收敛。

I think you need to restrain yourself.

00:05:08,040 --> 00:05:14,801

Zhège lìjià qíjiān, gěi zìjǐ yīgè fángjià de lǐyóu, yīgè ài zìjǐ de lǐyóu.

这个例假期间，给自己一个放假的理由，一个爱自己的理由。

A period gives yourself a reason to slow down and take care of yourself.

00:05:14,801 --> 00:05:23,086

Tóngshí yě gěi shēnbiān de qīnrén, huòzhě zhàngfū, nán péngyǒu

同时也给身边的亲人，或者丈夫，男朋友

At the same time, it gives your family, husband or boyfriend

00:05:23,086 --> 00:05:29,323

Yīgè lái zhàogù zìjǐ, hēhù zìjǐ de jīhuì.

一个来照顾自己，呵护自己的机会。

an opportunity to care about you.

De jīhuì, shì ma? - Eileen

的机会，是吗？ – Eileen

an opportunity, right?

00:05:29,323 --> 00:05:37,421

Ó! Qíshí zài shàng yīcì wǒ yě yǒu shuō dàoguò zhège dōngxī rúguǒ lái
le zhīhòu ne

哦！其实在上一次我也有说到过这个东西如果来了之后呢

Actually, in my "getting a period" video, I also mentioned that after the
period comes

00:05:37,421 --> 00:05:42,417

Nǐ shì yǒu hěnduō shìqíng bùnéng zuò, yě yǒu hěnduō dōngxī shì
bùnéng chī de.

你是有很多事情不能做，也有很多东西是不能吃的。

there are a lot of things you can't do and a lot of things you can't eat.

00:05:42,417 --> 00:05:46,987

Suōyǐ, zhège zài wǒ kàn lái, wǒ jiù juédé hěn tòngkǔ

所以，这个在我看来，我就觉得很痛苦

So, because of this, I don't feel very happy during this period.

00:05:47,083 --> 00:05:51,668

Zuòwéi zhàngfū, huòzhě shì zuòwéi nán péngyǒu,

作为丈夫，或者是作为男朋友，

As a husband or as a boyfriend,

00:05:51,668 --> 00:05:56,079

yīnggāi yào rúhé qù zhàogù wǒmen de nǚxìng?

应该要如何去照顾我们的女性？

how should they take care of their women?

00:05:56,079 --> 00:05:58,415

Jiùshì zài zhège tèbié de shíqí ne

就是在这个特别的时期呢

during this special time?

00:05:58,415 --> 00:06:02,748

Shì de, tōngcháng zài zhège tèbié shíqí,

是的，通常在这个特别时期，

Right, usually during this period,

00:06:02,748 --> 00:06:08,223

Nǚrén yě róngyì yǒu yīxiē de shēnglǐ de fǎnyìng.

女人也容易有一些的生理的反应,

women will have some reactions

00:06:08,223 --> 00:06:11,985

Bāokuò róngyì jiāolù a,

包括容易焦虑啊,

which includes easily becoming anxious or worried,

00:06:11,985 --> 00:06:15,936

Róngyì fā diǎn xiǎo píqì a.

容易发点小脾气啊。

very easily losing their temper.

00:06:15,936 --> 00:06:18,650

Suōyǐ zhège shíhòu, wǒmen zuòwéi nǚxìng,

所以这个时候，我们作为女性，

So during this period, we as women,

00:06:18,650 --> 00:06:24,031

shǒuxiān wǒmen zìjǐ yào gàosù shēnbiān de àirén

首先我们自己要告诉身边的爱人

first of all, we should tell our loved ones around us

00:06:24,031 --> 00:06:30,935

Wǒ xiànzài shì dà yímā láile, wǒ de guīmì láile,
我现在是大姨妈来了， 我的闺蜜来了，
that we are having our period,

00:06:30,935 --> 00:06:35,458
Kěnéngr wǒ xūyào nǐ tèbié de zhàogùle
可能我需要你特别地照顾了
you should be a little more considerate

00:06:35,458 --> 00:06:37,553
Bùyào jíjiào wǒ ó
不要计较我哦
don't argue with me.

00:06:37,553 --> 00:06:44,028
Zhège shíhòu, nǐ yào gěi wǒ yīgè tèbié de jiàqī, tèbié de hēhù.
这个时候，你要给我一个特别的假期，特别的呵护。
During this period you should give me a little "time off", more care.

00:06:44,028 --> 00:06:52,075
Suōyǐ ne, zhège shíhòu qīnrén huì zhīdào wǒmen zài yīgè tèshū de
shēnglǐ zhōuqí,
所以呢，这个时候亲人会知道我们在一个特殊的生理周期，
So in that way, people around us will understand that we are going
through this monthly physical change.

00:06:52,075 --> 00:07:02,979

Tā yě huì duō yīxiē de lǐjiě, duō yīxiē de guānzhù, duō yīxiē de lái zhàogù wǒmen nǚxìng.

他也会多一些的理解，多一些的关注，多一些的来照顾我们女性。

they will have better understanding, pay more attention to you, and take better care of you.

00:07:02,979 --> 00:07:08,549

Zhège yào yǒu zhìhuì de, érqiě yào yǒu yǒngqì de shuō chūlái
这个要有智慧地，而且要有勇气地说出来

So you need to understand that you need to be brave and speak out.

00:07:08,549 --> 00:07:11,168

Duì, méi cuò! Wǒ juédé zhège hěn zhòngyào.

对，没错！我觉得这个很重要。

Right! I think this is important.

00:07:11,168 --> 00:07:14,549

Yīn wéi qíshí xiànzài hěnduō dānshēn de nǚxìng,

因为其实现在很多单身的女性，

Because a lot of single women

00:07:14,549 --> 00:07:20,405

Kěnéng duì zhège huàtí háishì huì juédé yǒudiǎn fàng bù kāi, yǒudiǎn hàixiū.

可能对这个话题还是会有点放不开，有点害羞。

are not open and are a little bit shy.

00:07:20,405 --> 00:07:24,262

Dànshì qíshí ne, jiù xiàng wǒ de hǎo péngyǒu Jane shuō de,
但是其实呢，就像我的好朋友Jane说的，
So like Jane said,

00:07:24,262 --> 00:07:29,737

Nǐ yīdìng yào dàdǎn de, bìngqie yǒu zhìhuì de biǎodá chūlái
你一定要大胆的，并且有智慧地表达出来
you have to be brave and speak out.

00:07:29,737 --> 00:07:35,832

Gēn nǐ de lìng yībàn shuō, zhège shì wǒ de tèshū shíqí,
跟你的另一半说，这个是我的特殊时期，
you should tell your partner that you are going through your period.

00:07:35,832 --> 00:07:41,926

Suǒyǐ ne, rúguǒ wǒ fā píqì, huòzhě wǒ yǒu shé me zuò dé bùduì de
shíhòu,
所以呢，如果我发脾气，或者我有什么做得不对的时候，
so if I lose my temper, or do something wrong,

00:07:41,926 --> 00:07:43,736

Nǐ yīdìng yào duōduō bāoróng.
你一定要多多包容。
you should be forgiving.

00:07:43,736 --> 00:07:46,593

Shì de, yě kěyǐ sājiāo de shuō ya.

是的，也可以撒娇地说呀。

Yeah, you can also express your condition in a playful or coquettish way.

00:07:46,593 --> 00:07:48,675

A! Duì a! Hāhā ~

啊！ 对啊！ 哈哈～

Right!

00:07:48,675 --> 00:07:55,401

Hǎo, nà rúguǒ nǐ xǐhuān jīntiān wǒmen Jane de fēnxiǎng,

好，那如果你喜欢今天我们Jane的分享，

Alright, if you like what Jane shared with you,

00:07:55,401 --> 00:07:59,448

Qǐng yīdìng yào gěi wǒmen diǎn gè zàn  ó!

请一定要给我们点个赞 哟！

Please give us a like!

00:07:59,448 --> 00:08:04,971

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00:08:04,971 --> 00:08:09,495

Xìaqī zài jian! Bāibāi!

下期再见！ 拜拜！

See you next time! Bye bye!