

CNN News Highlights — Money Tips

1) aim to be	2) been through them	3) empower	4) navigate	5) tough times	6) trend
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One great goal in life is to simply _____ a little better today than we were yesterday, but that's not always easy, right? Especially when _____ hit. Well, one of the best ways to _____ ourselves with knowledge and information to help us _____ tough times is to learn from those who've _____ before. And that's exactly what we're seeing in a new TikTok _____.

1) Generation Z	2) Millennials	3) recession	4) This ain't our first rodeo	5) tried and true	6) wisdom
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The younger generation, which researchers have named _____, are asking the generation that came before them, _____, for some _____ — specifically about money. When a country sees several months of high price tags on everyday items, jobs become harder to get, and people start spending less, we call that a _____. And while economists are warning a recession is possible at some point in 2025, millennials are telling teens, " _____ " and they're sharing some of their _____ for making it through.

1) anxiously	2) bleak	3) downtrodden	4) Great Recession	5) poverty	6) triggered
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Millennial here who graduated in 2009 during the _____, and I wanted to weigh in on this conversation I've been seeing going around on social media about how we survived this time of great _____ and stress in our lives. Millennials who were young adults during the Great Recession are sharing their wisdom on TikTok. We don't panic during recessions — we prepare for them.

As Gen Z _____ prepares for a downturn that economists warn could be _____ by President Trump's trade war, I just started seeing videos — after video after video — of Gen Z just feeling _____, frustrated, very _____ and hopeless about the future.

1) layaway	2) living below your means	3) peer	4) platforms	5) struggling	6) whatever
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When I was going through the Great Recession in 2008, I didn't feel as hopeless and bleak. I was looking at my _____ group, the people around me, and we were doing okay. We were all _____, but we were in it together. Number one: take _____ job you can get. On TikTok, Sasha walked Gen Z through recession tips like _____ and deleting _____ payment _____.

1) advice	2) broke	3) encourages	4) spending	5) vast majority	6) yachts
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Her biggest piece of _____: stop comparing yourself to others on social media. Because of social media, I feel like Gen Z are living two vastly different experiences. You see the Gen Z that are like, struggling and _____, and then you see the Gen Z who are on _____ and on planes — you know, Coachella. We're all in this together. The reality of the situation is the _____ of us are struggling. On a platform that _____ keeping up with the latest trends, many TikTokers are vowing to do one thing: lower their _____.

1) basic necessity	2) focus	3) mindset	4) prioritize	5) subscriptions	6) the essentials
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If you were an adult during the 2008 recession, can you tell me if my plan is good or not, or if I need to? I am trying my hardest to not spend a lot of money on everything. My _____ is I want to do it and build a practice of doing it before I have to do it out of _____.

I'm basically choosing to go to local farmers markets and produce markets instead of a big box grocery store. I limit all _____. If I can password share with my friends on apps, let's just share and not pay double the cost. If you don't got it, you don't got it, and that's okay.

Spend money, _____ on _____, save as much as you can, and really _____ and make sure you are living a life that feels good to you — not that looks good on social media.

Translation

人生中一個很棒的目標，就是每天努力讓自己比昨天更好一點，但這並不總是那麼容易，對吧？特別是在困難時期來臨的時候。不過，幫助我們走過困難時期的一個最佳方法，就是充實知識與資訊。而其中一個方法，就是向那些曾經經歷過的人學習。這正是我們在一項新的 TikTok 趨勢中所看到的現象。年輕世代，也就是研究人員所稱的 Z 世代，正在向他們的前一代——千禧世代——請教一些智慧，特別是有關金錢方面的。當一個國家連續幾個月日常用品價格高漲、工作變得難找、人們開始減少開支時，這就是所謂的「經濟衰退」。而儘管經濟學家警告 2025 年某個時間點可能會出現經濟衰退，千禧世代則對青少年說：「這不是我們第一次面對這種情況」，並分享一些他們過去用來度過難關的實用建議。

我是千禧世代，2009 年從學校畢業，正值金融海嘯期間。我想針對這個我在社群媒體上常看到的話題發表一些看法：我們是如何撐過那段極度貧困與壓力的時期的。那些在金融海嘯期間還是年輕成年人的千禧世代，現在正在 TikTok 上分享他們的智慧。我們在經濟衰退時期不會驚慌——我們會提前做好準備。隨著 Z 世代焦慮地為經濟下滑做準備（經濟學家警告可能是由川普總統的貿易戰引發），我開始看到一支又一支的影片，Z 世代看起來沮喪、挫敗、前景黯淡又感到絕望。

當我在 2008 年經歷金融海嘯時，我並沒有那麼絕望。我看看我身邊的同齡人，我們其實還好。我們都在苦撐，但我們是一起面對的。第一條建議：有什麼工作就去做。在 TikTok 上，Sasha 向 Z 世代傳授了應對衰退的方法，比如量入為出，以及刪除分期付款平台。

她最重要的建議是：不要再拿自己跟社群媒體上的其他人比較了。因為社群媒體，我覺得 Z 世代正在經歷兩種截然不同的生活狀況。你會看到一些 Z 世代正為生活苦苦掙扎、一貧如洗；而另一群人則在遊艇上、搭著飛機出現在 Coachella 音樂節上。我們其實是一起的。現實是，大多數人都在過著艱難的生活。

在這個鼓勵人們追求最新潮流的平台上，許多 TikTok 使用者發誓要做一件事：減少開支。如果你是 2008 年金融海嘯期間的成年人，可以告訴我我的計劃好不好，還是有需要改進的地方嗎？我正在盡全力避免在所有事情上花太多錢。我的心態是，我想現在就開始這樣做，把這當作一種習慣，而不是等到真正陷入困境才被迫去做。

我基本上選擇去當地的農夫市集或蔬果市場，而不是大型連鎖超市。我會限制所有訂閱服務。如果能和朋友共用應用程式的帳號，那就一起用，不要一個人花雙倍的錢。如果你真的沒錢，那就沒關係。



把錢花在真正重要的事情上，盡可能存下來，然後認真思考你的生活優先順序。確保你過的是一種讓自己感覺良好的生活，而不是一種看起來光鮮亮麗、卻只是為了社群媒體好看的生活。

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Answers

1) aim to be	2) been through them	3) empower	4) navigate	5) tough times	6) trend
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One great goal in life is to simply 1) aim to be a little better today than we were yesterday, but that's not always easy, right? Especially when 5) tough times hit. Well, one of the best ways to 3) empower ourselves with knowledge and information to help us 4) navigate tough times is to learn from those who've 2) been through them before. And that's exactly what we're seeing in a new TikTok 6) trend.

1) Generation Z	2) Millennials	3) recession	4) This ain't our first rodeo	5) tried and true	6) wisdom
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The younger generation, which researchers have named 1) Generation Z, are asking the generation that came before them, 2) Millennials, for some 6) wisdom — specifically about money. When a country sees several months of high price tags on everyday items, jobs become harder to get, and people start spending less, we call that a 3) recession. And while economists are warning a recession is possible at some point in 2025, millennials are telling teens, "4) This ain't our first rodeo," and they're sharing some of their 5) tried and true tips for making it through.

1) anxiously	2) bleak	3) downtrodden	4) Great Recession	5) poverty	6) triggered
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Millennial here who graduated in 2009 during the 4) Great Recession, and I wanted to weigh in on this conversation I've been seeing going around on social media about how we survived this time of great 5) poverty and stress in our lives. Millennials who were young adults during the Great Recession are sharing their wisdom on TikTok. We don't panic during recessions — we prepare for them. As Gen Z 1) anxiously prepares for a downturn that economists warn could be 6) triggered by President Trump's trade war, I just started seeing videos — after video after video — of Gen Z just feeling 3) downtrodden, frustrated, very 2) bleak and hopeless about the future.

1) layaway	2) living below your means	3) peer	4) platforms	5) struggling	6) whatever
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When I was going through the Great Recession in 2008, I didn't feel as hopeless and bleak. I was looking at my 3) peer group, the people around me, and we were doing okay. We were all 5) struggling, but we were in it together.

Number one: take 6) whatever job you can get. On TikTok, Sasha walked Gen Z through recession tips like 2) living below your means and deleting 1) layaway payment 4) platforms.

1) advice	2) broke	3) encourages	4) spending	5) vast majority	6) yachts
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Her biggest piece of 1) advice: stop comparing yourself to others on social media.

Because of social media, I feel like Gen Z are living two vastly different experiences. You see the Gen Z that are like, struggling and 2) broke, and then you see the Gen Z who are on 6) yachts and on planes — you know, Coachella. We're all in this together. The reality of the situation is the 5) vast majority of us are struggling.

On a platform that 3) encourages keeping up with the latest trends, many TikTokers are vowing to do one thing: lower their 4) spending.

1) basic necessity	2) focus	3) mindset	4) prioritize	5) subscriptions	6) the essentials
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If you were an adult during the 2008 recession, can you tell me if my plan is good or not, or if I need to? I am trying my hardest to not spend a lot of money on everything. My 3) mindset is I want to do it and build a practice of doing it before I have to do it out of 1) basic necessity.

I'm basically choosing to go to local farmers markets and produce markets instead of a big box grocery store. I limit all 5) subscriptions. If I can password share with my friends on apps, let's just share and not pay double the cost. If you don't got it, you don't got it, and that's okay.

Spend money, 2) focus on 6) the essentials, save as much as you can, and really 4) prioritize and make sure you are living a life that feels good to you — not that looks good on social media.