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**Level 3 – 2nd June, 2019**

## **WHO says burnout is a medical problem**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1906/190602-burnout.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers around the world have experienced burnout for decades. Burnout is mental exhaustion due to too much stress at work. This problem has now been defined by the WHO as a medical problem. It says people have burnout if they often lack energy or feel exhausted; if they feel very negative about their job; and if they have problems finishing tasks in their job. The WHO says doctors should treat patients for burnout. However, doctors are among the highest-stress professions. They get burnout twice as often as average workers. The number of people with burnout has been increasing at a worrying rate. More and more workers are getting ill because of high levels of stress at work.

Burnout was identified as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds of studies have tried to explain what it is. Researchers have said it is similar to anxiety or mood disorders, and can come from depression. According to the Mayo Clinic website, burnout can cause serious health problems. These can include insomnia, heart disease, high blood pressure and type 2 diabetes. The clinic's website gives advice on how to manage burnout. It suggests talking to your boss to change your workload; reaching out to co-workers, family and friends; and trying relaxing activities like tai chi, meditation, going for a walk in the countryside, and yoga.

Sources: <https://www.aol.com/article/lifestyle/2019/05/29/burnout-is-now-officially-recognized-as-a-medical-condition-here-are-the-symptoms-you-should-know-about/23736830/>  
<https://www.treehugger.com/health/who-officially-recognizes-burnout-symptoms-solutions.html>  
<https://www.forbes.com/sites/karlynborysenko/2019/05/29/burnout-is-now-an-officially-diagnosable-condition-heres-what-you-need-to-know-about-it/>

# WARM-UPS

**1. BURNOUT:** Students walk around the class and talk to other students about Burnout. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

workers / burnout / stress / WHO / energy / negative / patients / doctors / professions  
problems / psychologist / anxiety / depression / health problems / blood pressure

Have a chat about the topics you liked. Change topics and partners frequently.

**3. SCHOOLS:** Students A **strongly** believe schools should teach children how to avoid stress and burnout; Students B **strongly** believe that is not a school's job. Change partners again and talk about your conversations.

**4. HEALTH PROBLEMS:** What do you know about these health problems? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	What I Want To Know
Burnout		
Insomnia		
High Blood Pressure		
Heart Disease		
Type 1 Diabetes		
Type 2 Diabetes		

**5. WORKER:** Spend one minute writing down all of the different words you associate with the word "worker". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. STRESS:** Rank these with your partner. Put the most stressful things at the top. Change partners often and share your rankings.

- English
- work
- studying
- money
- bosses
- commuting
- other people
- the news

# VOCABULARY MATCHING

## Paragraph 1

- |               |                                                               |
|---------------|---------------------------------------------------------------|
| 1. decade     | a. Explained the meaning of something.                        |
| 2. mental     | b. The speed at which something moves, happens, or changes.   |
| 3. exhaustion | c. A period of ten years.                                     |
| 4. defined    | d. A state of being very, very, very tired.                   |
| 5. task       | e. About the mind.                                            |
| 6. profession | f. A job that needs doing.                                    |
| 7. rate       | g. A job that needs long training and a formal qualification. |

## Paragraph 2

- |                    |                                                                                                       |
|--------------------|-------------------------------------------------------------------------------------------------------|
| 8. psychologist    | h. A feeling of worry or nervousness, or about an event with an uncertain outcome.                    |
| 9. anxiety         | i. Not being able to sleep.                                                                           |
| 10. insomnia       | j. Doing something to communicate with others.                                                        |
| 11. blood pressure | k. Someone who studies the human mind and its functions.                                              |
| 12. advice         | l. Thinking deeply or focusing one's mind for a period of time, in silence as a method of relaxation. |
| 13. reaching out   | m. Good ideas and help for someone who needs help.                                                    |
| 14. meditation     | n. How fast the blood goes around your body.                                                          |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- a. The article said workers have been experiencing burnout for centuries. **T / F**
- b. The article said burnout is due to too much stress at home. **T / F**
- c. Doctors get burnout twice as often as other workers. **T / F**
- d. The levels of burnout around the world are decreasing. **T / F**
- e. Burnout was first identified by a German psychologist in Berlin. **T / F**
- f. Burnout may be more common with people who are depressed. **T / F**
- g. A clinic advised people with burnout to talk with their boss. **T / F**
- h. The clinic suggested meditating to relieve the effects of burnout. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                       |                  |
|-----------------------|------------------|
| <b>1. experienced</b> | a. bad           |
| <b>2. exhaustion</b>  | b. recognised    |
| <b>3. negative</b>    | c. sick          |
| <b>4. tasks</b>       | d. worry         |
| <b>5. ill</b>         | e. sleeplessness |
| <b>6. identified</b>  | f. encountered   |
| <b>7. anxiety</b>     | g. deal with     |
| <b>8. insomnia</b>    | h. duties        |
| <b>9. manage</b>      | i. calming       |
| <b>10. relaxing</b>   | j. overtiredness |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                              |                             |
|----------------------------------------------|-----------------------------|
| 1. Workers around the world have experienced | a. as average workers       |
| 2. mental exhaustion due                     | b. activities like tai chi  |
| 3. they have problems finishing              | c. of high levels of stress |
| 4. They get burnout twice as often           | d. pressure                 |
| 5. workers are getting ill because           | e. in the countryside       |
| 6. hundreds of studies have tried to         | f. burnout for decades      |
| 7. high blood                                | g. out to co-workers        |
| 8. reaching                                  | h. tasks in their job       |
| 9. trying relaxing                           | i. to too much stress       |
| 10. going for a walk                         | j. explain what it is       |

# GAP FILL

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers (1) \_\_\_\_\_ the world have experienced burnout for decades. Burnout is mental exhaustion (2) \_\_\_\_\_ to too much stress at work. This problem has now been defined by the WHO as a medical problem. It says people have burnout if they often (3) \_\_\_\_\_ energy or feel exhausted; if they feel very negative about their job; and if they have problems finishing (4) \_\_\_\_\_ in their job. The WHO says doctors should (5) \_\_\_\_\_ patients for burnout. However, doctors are among the highest-stress professions. They get burnout (6) \_\_\_\_\_ as often as average workers. The number of people with burnout has been increasing at a worrying (7) \_\_\_\_\_. More and more workers are getting ill because of high levels of (8) \_\_\_\_\_ at work.

*tasks*  
*twice*  
*around*  
*stress*  
*treat*  
*lack*  
*rate*  
*due*

Burnout was (9) \_\_\_\_\_ as a problem in 1974 by American psychologist Herbert Freudenberger. Since (10) \_\_\_\_\_, hundreds of studies have tried to explain what it is. Researchers have said it is similar to (11) \_\_\_\_\_ or mood disorders, and can come from depression. According to the Mayo Clinic website, burnout can cause (12) \_\_\_\_\_ health problems. These can include insomnia, heart disease, high blood (13) \_\_\_\_\_ and type 2 diabetes. The clinic's website gives advice on how to (14) \_\_\_\_\_ burnout. It suggests talking to your boss to (15) \_\_\_\_\_ your workload; reaching out to co-workers, family and friends; and trying relaxing activities like tai chi, meditation, (16) \_\_\_\_\_ for a walk in the countryside, and yoga.

*manage*  
*serious*  
*then*  
*going*  
*identified*  
*change*  
*pressure*  
*anxiety*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

- 1) Workers around the world have experienced burnout \_\_\_\_\_
  - a. four deck cads
  - b. for deck aids
  - c. ford decays
  - d. for decades
- 2) This problem has now been defined by the WHO as \_\_\_\_\_
  - a. a medicine problem
  - b. a medically problem
  - c. a medical problem
  - d. a medic call problem
- 3) They get burnout twice as often as \_\_\_\_\_
  - a. average workers
  - b. averaged worker
  - c. averages workers
  - d. average worker
- 4) The number of people with burnout has been increasing at \_\_\_\_\_
  - a. a worry in rate
  - b. a worry ring rate
  - c. a worrying rate
  - d. a worry in late
- 5) More and more workers are getting ill because of high \_\_\_\_\_
  - a. levels of stress
  - b. levels off stress
  - c. levels of stressed
  - d. levels of stresses
- 6) Researchers have said it is similar to anxiety or \_\_\_\_\_
  - a. moody disorders
  - b. mood this orders
  - c. mood disorders
  - d. moo disorder
- 7) These can include insomnia, heart disease, high \_\_\_\_\_
  - a. bloody pressure
  - b. blooded pressured
  - c. blood pressure
  - d. blood pressured
- 8) The clinic's website gives advice on how \_\_\_\_\_
  - a. too manage burnt out
  - b. to manage burnout
  - c. to managed burnout
  - d. to manage burnt out
- 9) It suggests talking to your boss to change \_\_\_\_\_
  - a. yours workload
  - b. your work loads
  - c. your works load
  - d. your workload
- 10) activities like tai chi, meditation, going for a walk in the countryside, \_\_\_\_\_
  - a. end yoyo
  - b. and yoyo
  - c. and yoga
  - d. end yoga

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers around the world have experienced (1) \_\_\_\_\_.

Burnout is mental exhaustion due to too much (2) \_\_\_\_\_.

This problem has now been defined by the WHO as a medical problem. It says people have burnout if they (3) \_\_\_\_\_ or feel exhausted; if they feel very negative about their job; and if they have problems (4) \_\_\_\_\_ their job. The WHO says doctors should treat patients for burnout. However, doctors are among the highest-stress professions. They get burnout (5) \_\_\_\_\_ as average workers. The number of people with burnout has been increasing at a worrying rate. More and more workers are getting ill because (6) \_\_\_\_\_ of stress at work.

Burnout was identified as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, (7) \_\_\_\_\_ have tried to explain what it is. Researchers have said it is (8) \_\_\_\_\_ or mood disorders, and can come from depression. According to the Mayo Clinic website, burnout (9) \_\_\_\_\_ health problems. These can include insomnia, heart disease, high blood pressure and type 2 diabetes. The clinic's website (10) \_\_\_\_\_ how to manage burnout. It suggests talking to your boss to change your workload; reaching out to co-workers, family and friends; (11) \_\_\_\_\_ activities like tai chi, meditation, going (12) \_\_\_\_\_ in the countryside, and yoga.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

1. For how long have workers experienced burnout?
2. What did the WHO say people lack if they have burnout?
3. What did the WHO say people have problems finishing with burnout?
4. How much more than average workers do doctors get burnout?
5. At what kind of rate did the article say burnout is increasing?
6. When was burnout first identified as a problem?
7. How many studies have tried to explain what burnout is?
8. What is the name of the clinic mentioned in the article?
9. What did a clinic suggest talking to bosses about?
10. Where did a clinic suggest going for a walk?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

- 1) For how long have workers experienced burnout?
  - a) 50 years
  - b) decades
  - c) centuries
  - d) about 20-30 minutes
- 2) What did the WHO say people lack if they have burnout?
  - a) motivation
  - b) medicine
  - c) blood pressure
  - d) energy
- 3) What did the WHO say people have problems finishing with burnout?
  - a) tasks in their job
  - b) their dinner
  - c) conversations
  - d) books
- 4) How much more than average workers do doctors get burnout?
  - a) three times as often
  - b) a little bit more
  - c) twice as often
  - d) not much more
- 5) At what kind of rate did the article say burnout is increasing?
  - a) at a very slow rate
  - b) at a worrying rate
  - c) a lightning speed
  - d) like a bullet train
- 6) When was burnout first identified as a problem?
  - a) 1974
  - b) 1964
  - c) 1954
  - d) 1944
- 7) How many studies have tried to explain what burnout is?
  - a) thousands
  - b) dozens
  - c) hundreds
  - d) several
- 8) What is the name of the clinic mentioned in the article?
  - a) Mayo Clinic
  - b) Ketchup Clinic
  - c) Tabasco Clinic
  - d) Tartar Clinic
- 9) What did a clinic suggest talking to bosses about?
  - a) workloads
  - b) resigning
  - c) overtime
  - d) longer lunch breaks
- 10) Where did a clinic suggest going for a walk?
  - a) along a beach
  - b) in the garden
  - c) around the office
  - d) in the countryside

# ROLE PLAY

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

## **Role A – English**

You think English is the most stressful thing in life. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): work, money or the news.

## **Role B – Work**

You think work is the most stressful thing in life. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): English, money or the news.

## **Role C – Money**

You think money is the most stressful thing in life. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): work, English or the news.

## **Role D – The News**

You think the news is the most stressful thing in life. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): work, money or English.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'medical' and 'problem'.

<b>medical</b>	<b>problem</b>
----------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• world</li><li>• defined</li><li>• lack</li><li>• tasks</li><li>• among</li><li>• levels</li></ul>	<ul style="list-style-type: none"><li>• 1974</li><li>• hundreds</li><li>• website</li><li>• blood</li><li>• change</li><li>• walk</li></ul>
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# BURNOUT SURVEY

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Write five GOOD questions about burnout in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# BURNOUT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'burnout'?
3. Have you ever experienced burnout?
4. What makes you stressed?
5. What do you do to relieve stress?
6. What do you know about burnout?
7. How often do you lack energy?
8. How often do you feel negative?
9. Why do you think doctors have so much stress?
10. What should people do about stress at work?

*WHO says burnout is a medical problem – 2nd June, 2019*  
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# BURNOUT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'stress'?
13. What do you think about what you read?
14. Do you have mood disorders?
15. What do you know about high blood pressure?
16. How much does speaking to friends help with problems?
17. What do you think of meditation?
18. How good is a walk in the countryside?
19. What do you think of yoga?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers around the world have experienced burnout for (1) \_\_\_\_\_. Burnout is mental exhaustion due to too much stress (2) \_\_\_\_\_ work. This problem has now been defined by the WHO as a medical problem. It says people have burnout if they often (3) \_\_\_\_\_ energy or feel exhausted; if they feel very negative about their job; and if they have problems finishing (4) \_\_\_\_\_ in their job. The WHO says doctors should (5) \_\_\_\_\_ patients for burnout. However, doctors are among the highest-stress professions. They get burnout twice as often as average workers. The number of people with burnout has been increasing at a (6) \_\_\_\_\_ rate. More and more workers are getting ill because of high levels of stress at work.

Burnout was (7) \_\_\_\_\_ as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds of studies have tried to explain (8) \_\_\_\_\_ it is. Researchers have said it is similar to anxiety or mood disorders, and can come from depression. According to the Mayo Clinic website, burnout can cause (9) \_\_\_\_\_ health problems. These can include insomnia, heart disease, (10) \_\_\_\_\_ blood pressure and type 2 diabetes. The clinic's website gives advice on how to manage burnout. It suggests talking to your boss to change your workload; (11) \_\_\_\_\_ out to co-workers, family and friends; and trying relaxing activities like tai chi, meditation, going for a walk (12) \_\_\_\_\_ the countryside, and yoga.

## Put the correct words from the table below in the above article.

- |     |              |                |             |              |
|-----|--------------|----------------|-------------|--------------|
| 1.  | (a) decades  | (b) decadence  | (c) decants | (d) decides  |
| 2.  | (a) on       | (b) in         | (c) at      | (d) of       |
| 3.  | (a) slack    | (b) luck       | (c) lack    | (d) lick     |
| 4.  | (a) chore    | (b) horns      | (c) tusks   | (d) tasks    |
| 5.  | (a) threat   | (b) throat     | (c) treat   | (d) treaty   |
| 6.  | (a) fretting | (b) worrying   | (c) concern | (d) bother   |
| 7.  | (a) identity | (b) identified | (c) ideal   | (d) idea     |
| 8.  | (a) that     | (b) what       | (c) like    | (d) such     |
| 9.  | (a) series   | (b) serials    | (c) serious | (d) sires    |
| 10. | (a) elevate  | (b) increase   | (c) up      | (d) high     |
| 11. | (a) asking   | (b) finding    | (c) talking | (d) reaching |
| 12. | (a) at       | (b) on         | (c) up      | (d) in       |



# SPELLING

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

## Paragraph 1

1. experienced burnout for sadecde
2. Burnout is mental ontuxhiase
3. efedidn by the WHO
4. they feel very vaiengte about their job
5. doctors should treat sttnapei for burnout
6. twice as often as areaveg workers

## Paragraph 2

7. eitidnfde as a problem in 1974
8. it is similar to ieaxytn
9. can come from sirsedpone
10. high blood uressper
11. type 2 esetadib
12. trying relaxing ciiatevs like tai chi

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

**Number these lines in the correct order.**

- ( ) rate. More and more workers are getting ill because of high levels of stress at work.
- ( ) like tai chi, meditation, going for a walk in the countryside, and yoga.
- ( ) from depression. According to the Mayo Clinic website, burnout can cause serious health problems. These can include
- ( ) to too much stress at work. This problem has now been defined by the WHO as a medical
- ( ) of studies have tried to explain what it is. Researchers have said it is similar to anxiety or mood disorders, and can come
- ( ) Burnout was identified as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds
- ( ) problem. It says people have burnout if they often lack energy or feel exhausted; if they feel very
- ( ) on how to manage burnout. It suggests talking to your boss to change your workload; reaching
- ( **1** ) Workers around the world have experienced burnout for decades. Burnout is mental exhaustion due
- ( ) as often as average workers. The number of people with burnout has been increasing at a worrying
- ( ) negative about their job; and if they have problems finishing tasks in their job. The WHO says doctors should treat
- ( ) out to co-workers, family and friends; and trying relaxing activities
- ( ) insomnia, heart disease, high blood pressure and type 2 diabetes. The clinic's website gives advice
- ( ) patients for burnout. However, doctors are among the highest-stress professions. They get burnout twice

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

1. burnout . have the around experienced world Workers
2. stress . much exhaustion Mental to too due
3. tasks their problems in have They finishing job .
4. at been has a increasing worrying Burnout rate .
5. of Getting stress . because ill levels high of
6. problem a 1974 . Burnout as identified in was
7. have Studies what to it explain tried is .
8. said have anxiety . it is to Researchers similar
9. your to your Talking boss change workload . to
10. countryside . in a walk for Going the

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers around the world have experienced burnout for *decade / decades*. Burnout is mental exhaustion *due / dew* to too much stress at work. This problem has now been *defining / defined* by the WHO as a medical problem. It says people have burnout if they often *lack / luck* energy or feel exhausted; if they feel very negative about *them / their* job; and if they have problems finishing *tasks / tusks* in their job. The WHO says doctors should treat *patients / patents* for burnout. However, doctors are among the highest-stress professions. They get burnout *twice / double* as often as average workers. The number of people with burnout has been *increase / increasing* at a worrying rate. More and more workers are getting ill because of high levels of stress *at / to* work.

Burnout was *identity / identified* as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds of *study / studies* have tried to explain what it is. Researchers have said it is *simile / similar* to anxiety or mood disorders, and can *go / come* from depression. According to the Mayo Clinic website, burnout can cause *seriously / serious* health problems. These can include insomnia, heart disease, *high / highly* blood pressure and type 2 diabetes. The clinic's website gives *advise / advice* on how to manage burnout. It *suggests / suggestions* talking to your boss to change your workload; reaching *out / in* to co-workers, family and friends; and trying relaxing activities like tai chi, meditation, going *at / for* a walk in the countryside, and yoga.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

W\_r k\_r s \_r\_\_ n d t h\_ w\_r l d h\_v\_ \_x p\_r\_\_ n c\_d  
b\_r n\_\_ t f\_r d\_c\_d\_s . B\_r n\_\_ t \_s m\_n t\_l \_x h\_\_ s  
t\_\_ n d\_\_ t\_ t\_\_ m\_c h s t r\_s s \_t w\_r k . Th\_s  
p\_r\_b l\_m h\_s n\_w b\_\_ n d\_f\_n\_d b\_y t h\_ W H O  
\_s \_ m\_d\_c\_l p\_r\_b l\_m . It s\_y s p\_\_ p\_l\_ h\_v\_ b\_r  
n\_\_ t \_f t h\_y \_f t\_n l\_c k \_n\_r g\_y \_r f\_\_ l \_x h\_\_ s  
t\_d ; \_f t h\_y f\_\_ l v\_r y n\_g\_t\_v\_ \_b\_\_ t t h\_\_ r  
j\_b ; \_n d \_f t h\_y h\_v\_ p\_r\_b l\_m s f\_n\_s h\_n g t\_s  
k\_s \_n t h\_\_ r j\_b . Th\_ W H O s\_y s d\_c t\_r s s  
h\_\_ l d t r\_\_ t p\_t\_\_ n t s f\_r b\_r n\_\_ t . H\_w\_v\_r ,  
d\_c t\_r s \_r\_ \_m\_n g t h\_ h\_g h\_s t - s t r\_s s p\_r\_f\_s  
s\_\_ n s . Th\_y g\_t b\_r n\_\_ t t w\_c\_\_ s \_f t\_n \_s  
\_v\_r\_g\_ w\_r k\_r s . Th\_ n\_m b\_r \_f p\_\_ p\_l\_ w\_t h  
b\_r n\_\_ t h\_s b\_\_ n \_n c\_r\_\_ s\_n g \_t \_ w\_r r y\_n g  
r\_t . M\_r\_ \_n d m\_r\_ w\_r k\_r s \_r\_ g\_t t\_n g \_l l  
b\_c\_\_ s \_f h\_g h l\_v\_l s \_f s t r\_s s \_t w\_r k .

B\_r n\_\_ t w\_s \_d\_n t\_f\_\_ d \_s \_ p\_r\_b l\_m \_n 1974  
b\_y A m\_r\_c\_n p\_s y c h\_l\_g\_s t H\_r b\_r t F\_r\_\_ d\_n  
b\_r g\_r . S\_n c\_ t h\_n , h\_n d\_r d\_s \_f s t\_d\_\_ s h\_v\_  
t r\_\_ d t\_ \_x p\_l\_\_ n w h\_t \_t \_s . R\_s\_\_ r c h\_r s  
h\_v\_ s\_\_ d \_t \_s s\_m\_l\_r t\_n x\_\_ t\_y \_r m\_\_ d  
d\_s\_r d\_r s , \_n d c\_n c\_m\_ f\_r\_m d\_p\_r\_s s\_\_ n . A c  
c\_r d\_n g t\_ t h\_ M\_y\_ C\_l\_n\_c w\_b\_s\_t\_ , b\_r n\_\_ t  
c\_n c\_\_ s\_ s\_r\_\_ s h\_\_ l t h p\_r\_b l\_m s . Th\_s\_ c\_n  
\_n c\_l\_d\_ \_n s\_m n\_\_ , h\_\_ r t d\_s\_\_ s\_ , h\_g h b\_l\_\_ d  
p\_r\_s\_s\_r\_ \_n d t\_y p\_ 2 d\_\_ b\_t\_s . Th\_ c\_l\_n\_c ' s  
w\_b\_s\_t\_ g\_v\_s \_d v\_c\_ \_n h\_w t\_ m\_n g\_ b\_r n\_\_ t .  
It s\_g g\_s t\_s t\_l k\_n g t\_ y\_\_ r b\_s s t\_ c\_h\_n g\_  
y\_\_ r w\_r k\_l\_\_ d ; r\_\_ c\_h\_n g \_\_ t t\_ c\_ - w\_r k\_r s ,  
f\_m\_l\_y \_n d f\_r\_\_ n d\_s ; \_n d t\_r y\_n g r\_l\_x\_n g \_c  
t\_v\_t\_\_ s l\_k\_ t\_\_ c\_h\_ , m\_d\_t\_t\_\_ n , g\_\_ n g f\_r  
\_ w\_l k \_n t h\_ c\_\_ n t r y s\_d\_ , \_n d y\_g\_ .

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

workers around the world have experienced burnout for decades burnout is mental exhaustion due to too much stress at work this problem has now been defined by the who as a medical problem it says people have burnout if they often lack energy or feel exhausted if they feel very negative about their job and if they have problems finishing tasks in their job the who says doctors should treat patients for burnout however doctors are among the highest stress professions they get burnout twice as often as average workers the number of people with burnout has been increasing at a worrying rate more and more workers are getting ill because of high levels of stress at work

burnout was identified as a problem in 1974 by american psychologist herbert freudenberger since then hundreds of studies have tried to explain what it is researchers have said it is similar to anxiety or mood disorders and can come from depression according to the mayo clinic website burnout can cause serious health problems these can include insomnia heart disease high blood pressure and type 2 diabetes the clinic's website gives advice on how to manage burnout it suggests talking to your boss to change your workload reaching out to coworkers family and friends and trying relaxing activities like tai chi meditation going for a walk in the countryside and yoga.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190602-burnout.html>

Workers around the world have experienced burnout for decades. Burnout is mental exhaustion due to too much stress at work. This problem has now been defined by the WHO as a medical problem. It says people have burnout if they often lack energy or feel exhausted; if they feel very negative about their job; and if they have problems finishing tasks in their job. The WHO says doctors should treat patients for burnout. However, doctors are among the highest-stress professions. They get burnout twice as often as average workers. The number of people with burnout has been increasing at a worrying rate. More and more workers are getting ill because of high levels of stress at work. Burnout was identified as a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds of studies have tried to explain what it is. Researchers have said it is similar to anxiety or mood disorders, and can come from depression. According to the Mayo Clinic website, burnout can cause serious health problems. These can include insomnia, heart disease, high blood pressure and type 2 diabetes. The clinic's website gives advice on how to manage burnout. It suggests talking to your boss to change your workload; reaching out to co-workers, family and friends; and trying relaxing activities like tai chi, meditation, going for a walk in the countryside, and yoga.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. BURNOUT:** Make a poster about burnout. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. MEDITATION:** Write a magazine article about all companies having meditation sessions during working hours. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on burnout. Ask him/her three questions about it. Give him/her three of your ideas on how to avoid burnout. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. e    3. d    4. a    5. f    6. g    7. b  
8. k    9. h    10. i    11. n    12. m    13. j    14. l

## TRUE / FALSE (p.5)

- a F    b F    c T    d F    e F    f T    g T    h T

## SYNONYM MATCH (p.5)

- |                |                  |
|----------------|------------------|
| 1. experienced | a. encountered   |
| 2. exhaustion  | b. overtiredness |
| 3. negative    | c. bad           |
| 4. tasks       | d. duties        |
| 5. ill         | e. sick          |
| 6. identified  | f. recognised    |
| 7. anxiety     | g. worry         |
| 8. insomnia    | h. sleeplessness |
| 9. manage      | i. deal with     |
| 10. relaxing   | j. calming       |

## COMPREHENSION QUESTIONS (p.9)

- Decades
- Energy
- Tasks in their job
- Twice as often
- At a worrying rate
- 1974
- Hundreds
- Mayo Clinic
- Workloads
- In the countryside

## WORDS IN THE RIGHT ORDER (p.20)

- Workers around the world have experienced burnout.
- Mental exhaustion due to too much stress.
- They have problems finishing tasks in their job.
- Burnout has been increasing at a worrying rate.
- Getting ill because of high levels of stress.
- Burnout was identified as a problem in 1974.
- Studies have tried to explain what it is.
- Researchers have said it is similar to anxiety.
- Talking to your boss to change your workload.
- Going for a walk in the countryside.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)