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Level 5 – 27th June, 2021

Toxic workplaces increase depression risk by 300%

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

<https://breakingnewsenglish.com/2106/210627-toxic-workplaces-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-5.html>

Research reveals toxic workplaces are hazardous to mental health. A year-long study from an Australian university found that full-time workers who work for companies that do not prioritise mental health are three times more likely to suffer from depression. Researchers examined the negative effect of toxic workplaces on health. A toxic workplace has poor management, bullying, and a failure to consider mental health issues. The researchers say if employees are unhappy at work, mistreated or burnt out, their productivity will suffer and absenteeism will rise.

The lead researcher said mental health issues at work could be attributed to poor management. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard work, impose unreasonable demands on workers, and do not give them autonomy are placing their staff at a much greater risk of depression." She added that bullying negatively affects both the victim and the perpetrator and can lead to burnout. Depression affects over 260 million people worldwide and causes many people to take their own lives.

Sources: <https://bmjopen.bmj.com/content/11/6/e044133>
<https://metro.co.uk/2021/06/24/toxic-work-culture-makes-you-three-times-more-likely-to-be-depressed-14820538/>
<https://www.iflscience.com/health-and-medicine/your-risk-of-depression-increases-by-300-percent-in-a-toxic-work-environment/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-5.html>

PARAGRAPH ONE:

- | | |
|--|---------------------|
| 1. toxic workplaces are hazardous | a. will suffer |
| 2. more likely to suffer | b. management |
| 3. Researchers examined the negative | c. rise |
| 4. poor | d. issues |
| 5. a failure to consider mental health | e. from depression |
| 6. mistreated or burnt | f. to mental health |
| 7. their productivity | g. out |
| 8. absenteeism will | h. effect |

PARAGRAPH TWO:

- | | |
|------------------------------------|------------------|
| 1. mental health issues | a. own lives |
| 2. attributed to poor | b. autonomy |
| 3. acknowledge their employees for | c. of depression |
| 4. impose unreasonable demands | d. hard work |
| 5. give them | e. at work |
| 6. at a much greater risk | f. perpetrator |
| 7. both the victim and the | g. management |
| 8. take their | h. on workers |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-5.html>

Research reveals toxic workplaces (1) _____
mental health. A year-long study from an Australian university
found that (2) _____ who work for companies that
do not prioritise mental health are three times more
(3) _____ from depression. Researchers examined
the (4) _____ toxic workplaces on health. A toxic
workplace has poor management, bullying, and a
(5) _____ mental health issues. The researchers
say if employees are unhappy at work, mistreated or burnt out,
their productivity will suffer and (6) _____.

The lead researcher said mental health (7) _____
could be attributed to poor management. She said: "Evidence shows
that companies who fail to (8) _____ their
employees for hard work, impose unreasonable demands on
workers, and do not give (9) _____ placing their
staff at a much greater (10) _____." She added
that bullying negatively affects both the victim and the perpetrator
and can (11) _____. Depression affects over 260
million people worldwide and causes many people to take
(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-5.html>

Research reveals toxic workplaces are hazardous to mental health. A year-long study from an Australian university found that full-time workers who work for companies that do not prioritise mental health are three times more likely to suffer from depression. Researchers examined the negative effect of toxic workplaces on health. A toxic workplace has poor management, bullying, and a failure to consider mental health issues. Researchers say if employees are unhappy at work, mistreated or burnt out, their productivity will suffer and absenteeism will rise. The lead researcher said mental health issues at work could be attributed to poor management. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard work, impose unreasonable demands on workers, and do not give them autonomy are replacing their staff at a much greater risk of depression." She added that bullying negatively affects both the victim and the perpetrator and can lead to burnout. Depression affects over 260 million people worldwide and causes many people to take their own lives.

TOXIC WORKPLACES SURVEY

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

Write five GOOD questions about toxic workplaces 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

