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Level 0 – 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-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1906/190602-burnout-0.html>

Many workers have burnout. This is mental exhaustion from too much stress. The WHO says it is a medical problem. People with burnout have no energy. They feel negative about their job. The WHO says doctors should treat patients for burnout.

The number of people with burnout is going up quickly.

Burnout was found in 1974. Researchers say it can come from depression. Burnout causes serious health problems, like heart disease, high blood pressure and diabetes. People with burnout should talk to their boss, co-workers, family and friends. They should do relaxing activities like meditation and going for a walk.

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/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1906/190602-burnout-0.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|--------------------|
| 1. Many workers have | a. no energy |
| 2. mental exhaustion from too | b. treat patients |
| 3. The WHO says it is a | c. quickly |
| 4. People with burnout have | d. medical problem |
| 5. They feel negative | e. burnout |
| 6. doctors should | f. of people |
| 7. The number | g. much stress |
| 8. going up | h. about their job |

PARAGRAPH TWO:

- | | |
|----------------------------------|-----------------------|
| 1. it can come | a. like meditation |
| 2. Burnout causes serious health | b. disease |
| 3. heart | c. walk |
| 4. high blood | d. problems |
| 5. People with burnout should | e. pressure |
| 6. family and | f. from depression |
| 7. relaxing activities | g. talk to their boss |
| 8. going for a | h. friends |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190602-burnout-0.html>

Many (1) _____ . This is mental exhaustion from

(2) _____. The WHO says it is a medical problem.

People with burnout (3) _____. They feel negative

(4) _____. The WHO says doctors should

(5) _____ burnout. The number of people with

burnout is (6) _____ .

Burnout (7) _____ 1974. Researchers say

(8) _____ from depression. Burnout causes

serious health problems, (9) _____, high blood

pressure and diabetes. People with burnout

(10) _____ their boss, co-workers,

(11) _____. They should do relaxing activities like

meditation and (12) _____ walk.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190602-burnout-0.html>

Many workers have burnout. This is mental exhaustion from too much stress. The WHO says it is a medical problem. People with burnout have no energy. They feel negative about their job. The WHO says doctors should treat patients for burnout. The number of people with burnout is going up quickly. Burnout was found in 1974. Researchers say it can come from depression. Burnout causes serious health problems, like heart disease, high blood pressure and diabetes. People with burnout should talk to their boss, co-workers, family and friends. They should do relaxing activities like meditation and going for a walk.

BURNOUT SURVEY

From <https://breakingnewsenglish.com/1906/190602-burnout-4.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.

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) _____

