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**Level 1 – 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-1.html>

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**Please try Levels 0, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/1906/190602-burnout-1.html>

Workers have had burnout for decades. Burnout is mental exhaustion from too much stress. The WHO called it a medical problem. People with burnout have no energy and feel exhausted. They feel negative about their job. The WHO says doctors should treat patients for burnout. However, doctors get burnout two times more than other workers. The number of people with burnout is increasing very quickly. More workers are getting stressed at work.

A scientist identified burnout in 1974. Researchers said it is similar to anxiety. It can come from depression. Burnout can cause serious health problems, like insomnia, heart disease, high blood pressure and diabetes. There is advice on how to manage burnout. People should talk to their boss, reach out to co-workers, family and friends; and do 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/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1906/190602-burnout-1.html>

## PARAGRAPH ONE:

- |                                  |                    |
|----------------------------------|--------------------|
| 1. Workers have had burnout      | a. stress          |
| 2. mental                        | b. about their job |
| 3. too much                      | c. problem         |
| 4. The WHO called it a medical   | d. quickly         |
| 5. People with burnout           | e. for decades     |
| 6. They feel negative            | f. for burnout     |
| 7. doctors should treat patients | g. exhaustion      |
| 8. increasing very               | h. have no energy  |

## PARAGRAPH TWO:

- |                                   |                  |
|-----------------------------------|------------------|
| 1. Researchers said it is similar | a. like tai chi  |
| 2. high blood                     | b. to co-workers |
| 3. People should talk             | c. countryside   |
| 4. reach out                      | d. to anxiety    |
| 5. family                         | e. a walk        |
| 6. do relaxing activities         | f. pressure      |
| 7. going for                      | g. and friends   |
| 8. in the                         | h. to their boss |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190602-burnout-1.html>

Workers have (1) \_\_\_\_\_ decades. Burnout is mental exhaustion from (2) \_\_\_\_\_. The WHO called it a medical problem. People with (3) \_\_\_\_\_ energy and feel exhausted. They (4) \_\_\_\_\_ their job. The WHO says doctors should treat patients for burnout. However, doctors get burnout (5) \_\_\_\_\_ than other workers. The number of people with burnout is increasing very quickly. More workers are (6) \_\_\_\_\_ work.

A scientist (7) \_\_\_\_\_ 1974. Researchers said it is similar to anxiety. It can (8) \_\_\_\_\_. Burnout can cause serious health problems, like insomnia, heart disease, (9) \_\_\_\_\_ and diabetes. There is advice on how to manage burnout. People should talk (10) \_\_\_\_\_, reach out to co-workers, family and friends; (11) \_\_\_\_\_ activities like tai chi, meditation, going for (12) \_\_\_\_\_ the countryside, and yoga.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190602-burnout-1.html>

Workers have had burnout for decades. Burnout is mental exhaustion from too much stress. The WHO called it a medical problem. People with burnout have no energy and feel exhausted. They feel negative about their job. The WHO says doctors should treat patients for burnout. However, doctors get burnout two times more than other workers. The number of people with burnout is increasing very quickly. More workers are getting stressed at work. A scientist identified burnout in 1974. Researchers said it is similar to anxiety. It can come from depression. Burnout can cause serious health problems, like insomnia, heart disease, high blood pressure and diabetes. There is advice on how to manage burnout. People should talk to their boss, reach out to co-workers, family and friends; and do relaxing activities like tai chi, meditation, going for a walk in the countryside, and yoga.

# 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) \_\_\_\_\_

*WHO says burnout is a medical problem – 2nd June, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

