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**Level 2 – 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-2.html>

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**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/1906/190602-burnout-2.html>

Workers have experienced burnout for decades. Burnout is mental exhaustion from too much stress at work. The WHO has now called it a medical problem. People with burnout often lack energy or feel exhausted. They feel negative about their job and have problems finishing things at work. The WHO says doctors should treat patients for burnout. However, doctors are among the most highly stressed workers. They get burnout two times more than other workers. The number of people with burnout is increasing very quickly. More and more workers are getting stressed at work.

An American psychologist identified burnout in 1974. Since then, many studies have tried to explain it. Researchers said it is similar to anxiety. It can come from depression. The Mayo Clinic website said burnout can cause serious health problems, like insomnia, heart disease, high blood pressure and diabetes. Mayo Clinic gives advice on how to manage burnout. It suggests talking to your boss to change things at work; reaching out to co-workers, family and friends; and 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-2.html>

## PARAGRAPH ONE:

- |                               |                         |
|-------------------------------|-------------------------|
| 1. mental                     | a. quickly              |
| 2. too much stress            | b. highly stressed      |
| 3. lack                       | c. are getting stressed |
| 4. They feel negative         | d. for burnout          |
| 5. treat patients             | e. energy               |
| 6. doctors are among the most | f. exhaustion           |
| 7. increasing very            | g. at work              |
| 8. More and more workers      | h. about their job      |

## PARAGRAPH TWO:

- |                         |                        |
|-------------------------|------------------------|
| 1. many studies have    | a. things at work      |
| 2. it is similar        | b. like tai chi        |
| 3. cause serious health | c. pressure            |
| 4. high blood           | d. in the countryside  |
| 5. change               | e. to anxiety          |
| 6. reaching             | f. tried to explain it |
| 7. relaxing activities  | g. problems            |
| 8. going for a walk     | h. out to co-workers   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190602-burnout-2.html>

Workers have experienced (1) \_\_\_\_\_. Burnout is mental exhaustion from too much (2) \_\_\_\_\_. The WHO has now called it a medical problem. People with burnout often (3) \_\_\_\_\_ feel exhausted. They feel negative about their job and have problems finishing things at work. The WHO says doctors should (4) \_\_\_\_\_ burnout. However, doctors are among the most highly stressed workers. They get burnout two times more (5) \_\_\_\_\_. The number of people with burnout is increasing very quickly. More and more workers are getting (6) \_\_\_\_\_.

An American psychologist (7) \_\_\_\_\_ 1974. Since then, many studies have tried to explain it. Researchers said it is (8) \_\_\_\_\_. It can come from depression. The Mayo Clinic website said burnout can (9) \_\_\_\_\_ problems, like insomnia, heart disease, high blood pressure and diabetes. Mayo Clinic gives (10) \_\_\_\_\_ to manage burnout. It suggests talking to your (11) \_\_\_\_\_ things at work; reaching out to co-workers, family and friends; and relaxing activities like tai chi, meditation, going for a walk (12) \_\_\_\_\_, and yoga.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190602-burnout-2.html>

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

