

# Study: Younger Generation More Stressed at Work than Older Age Groups

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Category : Lifestyle/Entertainment

## Unlocking Word Meanings

Read the following words/expressions found in today’s article.

- 1. **millennial** / **mɪˈlen.i.əl** / (n) – people born in the 1980s and 1990s  
*Example:* A lot of **millennials** rely too much on technology.
- 2. **hefty** / **ˈhef-ti** / (adj) – great in amount or size  
*Example:* He is not yet ready for a **hefty** responsibility because he is still very young.
- 3. **impair** / **ɪmˈpeər** / (v) – to make something weaker  
*Example:* Criticisms **impaired** his self-esteem.
- 4. **take a toll** / **teɪk ə toʊl** / (idiom) – to cause a negative effect  
*Example:* Doing overtime work **took a toll** on my health.
- 5. **talk (something) through** / **tɔk θru** / (idiom) – to discuss something in detail  
*Example:* When you have problems at school, you should **talk** it **through** with your parents.

## Article

Read the text below.

A survey revealed that **millennials** are more stressed at work than their older colleagues.

The Mental Health Foundation (MHF), an organization that raises awareness about mental health in the United Kingdom, conducted the survey among 4,500 respondents aged 18 and above. Results showed that 18- to 38-year-old millennials felt more pressured at work, with 28% saying that coping with stress comes naturally with their jobs. Nonetheless, only 12% of employees aged 53 to 71 felt the same.

MHF representative Richard Grange explained that factors like job insecurity, low pay, and a **hefty** workload may have **impaired** the millennials’ mental health. He added that the present job market poses different challenges compared to previous years.

In order to improve employees’ mental health, Grange claimed that having a sense of security and support in their jobs is important for employees. Otherwise, work-related pressure can **take a toll** on their personal lives.

Jaan Madan, a lead at Mental Health First Aid England (MHFA), an organization of mental health educators, said that the first step in handling work-related stress is **talking it through** with a manager. However, according to the same survey, only 14% of both age groups are willing to discuss their stress levels with their managers.

In line with this, MHFA England launched the ‘Address Your Stress’ toolkit, a set of resources that people can use as a reference in determining signs and causes of stress and ways to handle them. The toolkit is free of charge and is available for everyone to download from the organization’s website.

## Viewpoint Discussion

Enjoy a discussion with your tutor.

### Discussion A

- What practices or lifestyle changes can millennials adopt to avoid work-related stress?

- How do you think companies can ensure that their employees feel secure and supported?

**Discussion B**

- Based on your observations, what are some notable differences between millennials and older age groups? Discuss.

- In your opinion, how can people break the generation gap between millennials and older age groups?