



# Burnout at Work



1. Have you been experiencing feelings of exhaustion lately?
2. Do you find it difficult to focus on your work tasks?
3. Have you been struggling to meet deadlines or complete projects?
4. Do you feel like you're not making any progress in your work?
5. Have you lost interest or passion for the work that you're doing?

## Read the text and answer the questions.

Burnout at work is a common issue that many employees face. It can be a complex mixture of mental and physical exhaustion, which leads to reduced productivity and a lack of interest in work. In order to overcome burnout, it's important to **figure out** the cause and take steps to change it.

One way to **get rid of** burnout is to **put up with** the short-term discomfort of changing your daily routine. This might mean taking more breaks and prioritizing self-care activities like **going for** new hobbies. It's important not to **put off** important tasks as it might cause additional stress. Try to prioritize your duties in order to **sort out** your workload and avoid becoming overwhelmed.

It can be frustrating when colleagues or bosses **let you down** or fail to understand the impact of burnout on your working life. However, it's important to **go along with** colleagues and find ways to work collaboratively towards solutions, rather than becoming resentful or frustrated.

To truly make progress and **get ahead** of burnout, it's important to **get into** a positive mindset and take an active role in seeking support and making changes. This can involve seeking out new opportunities or skills that will help you to feel more engaged in your work and prevent future burnout.

1. What is burnout at work?
2. What are the ways to overcome burnout at work?
3. How does your workload connected to burnout?
4. In what way might your colleagues cause your burnout?
5. What can you do to prevent future burnout?

## Match 10 phrasal verbs from the text to the definitions below.

- a. To agree or cooperate with someone or something.
- b. To organize or arrange something in a particular way.
- c. To delay or postpone something until a later time.
- d. To remove something that is unwanted.
- e. To tolerate something that is unpleasant or difficult.
- f. To become involved in or interested in something.
- g. To understand or solve something that is difficult or confusing.
- h. To make progress or achieve success in a particular area.
- i. To begin to do something.
- j. To disappoint or fail someone's expectations.



Complete the questions with the appropriate phrasal verb. Then answer the questions.

Has anyone ever  
you  
in a group project  
or activity?

Have you ever  
an  
important task and  
regretted it later?

Are there any  
tasks at work  
that you'd like to  
?

Have you ever  
struggled to  
a  
problem at work?

Have you ever had  
to  
difficult colleagues  
or bosses?

Are there any  
projects or  
training  
opportunities you  
want to  
?

How do you stay  
motivated to  
and  
succeed in your  
career?

What steps are  
needed to  
the area or field  
you're interested  
in?

Would you  
a plan  
that you didn't  
fully agree  
with?

Can you  
the reasons  
of your  
burnout?

## Discuss the opinions.

It's important to recognize the signs of burnout and take action before it becomes a bigger problem.

Some people may be more prone to burnout than others.

Maintaining good relationships with colleagues can make a big difference in preventing burnout.

Burnout can have negative impacts not only on the individual, but also on their organization.

Delegating tasks and prioritizing work can help to reduce the workload and prevent burnout.

It's not easy to ask for help when having burnout, but it's important to do so to prevent stress.

Taking breaks and finding ways to relax can help to reduce stress and prevent burnout.

Employers have a responsibility to prevent burnout among their staff.

With the right strategies, it is possible to overcome burnout and achieve success in your work life.

