Understanding & Preventing Burnout

Advanced ESL Student Worksheet • Discussion, Vocabulary, Listening & Grammar

Name: _____ **Date:** _____ **Class:** _____

1. Burnout Intro Discussion

Discuss the following questions with a partner or in small groups.

1. What do you know about burnout?
2. Did it happen to you or someone you know?
3. What are possible ways to prevent burnout?

2. Vocabulary Matching

Match the words on the left with their correct definitions on the right.

1. A clinic	a. a mood of sadness
2. Cynical	b. an examination of a person over time
3. Hopeless	c. a place people go for medical care
4. Happy-go-lucky	d. a series of visits with a psychologist to help a person feel better
5. A course of therapy	e. believing people always act only in their own interest
6. A case study	f. a man
7. The blues	g. not worried; accepting what happens
8. A bloke	h. thinking a situation cannot improve

3. Listening Comprehension (True / False)

Listen to the recording and decide whether the following statements are True (T) or False (F).

1. Pam has written a book about health problems at work. **[T / F]**
2. Steve is suffering from work burnout. **[T / F]**
3. Steve wrote some parts of Pam's book. **[T / F]**
4. Burnout and stress are not the same. **[T / F]**
5. People do not always know when they have burnout. **[T / F]**

6. Steve's personality changed when he was ill. **[T / F]**
7. Steve made an appointment with the doctor. **[T / F]**
8. Steve's health improved without medication. **[T / F]**

4. Sentence Completion (Prepositions & Particles)

Complete the sentences using the words below:

about • of • to • so • in • as • out • from

1. Steve has just recovered _____ work burnout.
2. We live in a world where stress is part _____ our everyday lives.
3. Stress is like drowning _____ an overload of work.
4. I felt _____ hopeless and depressed that I couldn't even face getting up in the morning.
5. These days, anti-depressants aren't the same _____ they used to be.
6. It was something he felt quite strongly _____ .
7. I don't even like taking an aspirin unless I really have _____ .
8. It calms the mind and helps to shut _____ the world's distractions.

5. Extended Discussion & Reflection

Discuss these deep questions grouped by theme with your partner or group.

🧩 Understanding & Spotting Burnout

- What does burnout feel like to you in your everyday life?
- How can you tell the difference between just a stressful week and true burnout?
- What are the early warning signs that your body or mind gives you when you need a break?
- Why do you think some people find it hard to admit that they are feeling burned out?

💼 Work Culture

- How does your environment (work, university, or home) contribute to your stress levels?
- Do you think technology and being "always connected" makes burnout worse?
- Whose responsibility is it to prevent burnout: the individual worker or the boss/company?
- What is one policy a workplace could start today to help protect its employees from exhaustion?

🛑 Boundaries & Coping Strategies

- How comfortable are you saying "no" when you are already overwhelmed with tasks?
- What is a realistic boundary you can set this week to protect your personal time?
- Why do basic habits like good sleep and healthy food usually drop off first when we get stressed?

🔄 Recovery & Prevention

- If you suddenly had a full week with zero responsibilities, how would you spend it to recharge?
- How can friends and family members best support someone who is currently going through burnout?
- What is one thing you can change about your daily routine to prevent stress from building up?