

WHO says burnout is a medical problem (2nd June, 2019)

Vocabulary

Read the meaning of each word. Click on the icon next to the word and listen to the pronunciation

-  **Among.** Happening or being included as part of a group of people or things.
-  **Anxiety.** A medical condition in which you always feel frightened and worried.
-  **Average.** Typical and usual.
-  **Blood pressure.** The pressure of blood as it travels around the body.
-  **Burnout.** The state of having no energy or enthusiasm because of working too hard
-  **Exhaustion.** The state of being extremely tired.
-  **Insomnia.** The condition of being unable to sleep, over a period of time.
-  **Lack.** To not have or not have enough of something that is needed or wanted.
-  **Manage.** To succeed in doing or dealing with something.
-  **Meditation.** The act of giving your attention to only one thing, as a religious activity or as a way of becoming calm and relaxed.
-  **Psychologist.** Someone who studies the mind and emotions and their relationship to behaviour
-  **Rate.** The speed at which something happens or changes in a particular period.
-  **Reach out.** To try to communicate with a person or a group of people, usually in order to help.
-  **Task.** A piece of work to be done.
-  **Workload.** The amount of work to be done.