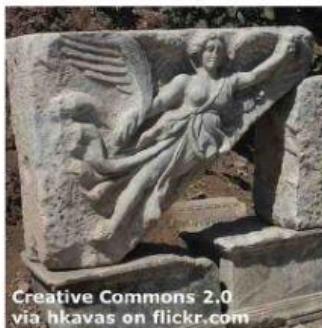


## Nike gave workers a week off to de-stress

3rd September, 2021



Creative Commons 2.0  
via hkavas on flickr.com

The sportswear company Nike gave its office workers a holiday to help them de-stress from life's challenges and worries caused by the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy additional time off to rest and recover". Nike said it wanted to focus on helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as usual.

Mr Marrazzo said the company was taking the lead in considering the mental health of its workers. He said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and grace we continue to show our teammates will have a positive impact on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we can prioritize mental health and still get work done". He said it was important for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to do."

Sources: yahoo.com / msn.com / theguardian.com

### Writing

All workers should get extra holidays to de-stress. Discuss.

### Chat

Talk about these words from the article.

sportswear / office workers / de-stress / challenges / mental health / burnout / retail / taking the lead / rest / traumatic / empathy / impact / support / the right thing to do

### True / False

- 1) Nike workers got a holiday to destress from COVID-19 worries. T / F
- 2) Nike's workers could take their week off at any time. T / F
- 3) Nike encouraged workers to spend time with loved ones. T / F
- 4) Nike's retail stores also closed to give workers a rest. T / F
- 5) A manager said rest and recovery are key for performing well. T / F
- 6) The manager talked about how rough the past year has been. T / F
- 7) The manager said performance takes priority over mental health. T / F
- 8) The manager said supporting people was the right thing to do. T / F

### Synonym Match

(The words in **bold** are from the news article.)

1. <b>challenges</b>	a. relax
2. <b>employees</b>	b. normal
3. <b>additional</b>	c. disturbing
4. <b>unwind</b>	d. back up
5. <b>usual</b>	e. workers
6. <b>considering</b>	f. good manners
7. <b>key</b>	g. difficulties
8. <b>traumatic</b>	h. thinking about
9. <b>grace</b>	i. extra
10. <b>support</b>	j. important

### Discussion – Student A

- a) What do you think about what you read?
- b) What do you do to de-stress?
- c) What do you think of Nike's products?
- d) Should all companies follow Nike's lead?
- e) How rough has the past year been?
- f) How do you look after your mental health?
- g) Do all companies think about their workers?
- h) What questions would you like to ask Nike's boss?

# BreakingNewsEnglish - Many online quizzes at URL below

## Phrase Match

1. help them de-stress from life's
2. enjoy additional time off to
3. spend time with your
4. Nike's retail
5. store workers are working
6. Taking time for rest and
7. staying
8. we can prioritize mental
9. it was important for a company to
10. it's also the right

- a. think about its workers
- b. stores are still open
- c. recovery is key
- d. rest and recover
- e. health
- f. loved ones
- g. thing to do
- h. as usual
- i. sane
- j. challenges

## Discussion – Student B

- a) How much stress is there in your life?
- b) How stressful has COVID-19 been to you?
- c) What do you know about the company Nike?
- d) Have you ever had burnout?
- e) What do companies you've worked for do for mental health?
- f) What do you do to unwind?
- g) Is working in a store or office more stressful?
- h) Should Nike's retail workers also get a week off?

## Spelling

1. The reastwrpso company Nike
2. de-stress from life's csehlangle
3. enjoy alaiodntdi time off to rest
4. focus on helping to combat outbnur
5. Our erison leaders
6. Nike's ilreta stores are still open
7. Taking time for rest and oereycrv
8. living through a rcmutaait event
9. have a positive ctiamp on the culture
10. the week off was an tkglnwcnaoemde
11. we can irpirizteo mental health
12. It's good essbsinu

## Answers – Synonym Match

1. g	2. e	3. i	4. a	5. b
6. h	7. j	8. c	9. f	10. d

## Role Play

### Role A – Money

You think money is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, getting old or your English level.

### Role B – Job

You think your job is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): money, getting old or your English level.

### Role C – Getting Old

You think getting old is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, money or your English level.

### Role D – English Level

You think your English level is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, getting old or money.

## Speaking – Worries

Rank these with your partner. Put the biggest worries at the top. Change partners often and share your rankings.

- Job
- English level
- Internet safety
- Getting old
- Money
- The future
- Safety
- Health

## Answers – True False

1	T	2	F	3	T	4	F	5	T	6	T	7	F	8	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.