

Answer the questions.

1. What are you recovering from?
2. Are you doing extra hours at your job/University?
3. How do you understand the word “breakdown”?
4. What do you think determines people’s dissatisfaction with their lives?
5. How does shame manifest itself for women?
6. What keeps women from achieving success?

Follow the link and do exercises.

| | | | | |
|-------------------|---------------------|------------|-----------------------|---------------|
| Совсем | Оправиться от | Поведение | Поддерживать | Справляться с |
| Счастливый конец | Предполагать | Разница | Тонуть | Страдать от |
| Назначить встречу | Чрезмерная нагрузка | Истощенный | Важный | Осознавать |
| Распространенный | Счастливый | Сам | Лечение медикаментами | Успокоиться |

| | | |
|---------------------------|-------|--|
| recover from | _____ | the same in a lot of places or for a lot of people |
| common | _____ | when two or more things aren’t the same |
| a happy ending | _____ | to understand a situation |
| difference | _____ | to experience physical or mental pain |
| drown | _____ | to become well again after an illness |
| overload of work/workload | _____ | the way that someone acts |
| dried up | _____ | something that ends well |
| important | _____ | to die by being unable to breathe underwater |
| realize | _____ | (in negatives and questions) in no or any way |
| suffer from | _____ | necessary or of great value |
| behaviour | _____ | lots of things to do besides your main job |
| at all | _____ | so tired that can’t do anything |

| | | |
|----------------------------------|-------|--|
| to face | _____ | having good things happen to you |
| make someone an appointment with | _____ | do yourself |
| lucky | _____ | do something, deal with something |
| to support | _____ | to mention an idea for other people to think about |
| on your own | _____ | meet someone at a particular time |
| medication | _____ | to think positive thoughts to relax |
| suggest | _____ | a medicine to improve illness |
| meditate | _____ | to stop someone feeling upset, angry, or excited |
| calm | _____ | to help someone emotionally or in a practical way |

***Burnout** is a condition of feeling exhausted or worn out. You can get burnout from anything that demands more energy than you can give. Burnout is not a one-time event. It is a gradual process that builds over time.*

Follow the link to find out more.