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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS