

Millennials work too much

Task 1. Match the names of the generations with the definitions.

1. Generation X	a. Also known as Generation Y. It generally refers to the generation of people born between the early 1980s and the early 2000s. Perhaps the most commonly used birth range for this group is 1982-2000.
2. "Silent" Generation	b. It is also called the Peter Pan Generation or the Boomerang Generation because of the propensity of some to move back in with their parents. It refers to people born between 1965 and 1980.
3. Millennials	c. It generally refers to the generation of people born between the early 1946 and the early 1964.
4. Baby Boomers	d. The generation reaching adulthood in the second decade of the 21st century, perceived as being familiar with the internet from a very young age. They were born between 2000 and 2012.
5. Generation Z	e. It generally refers to the generation of people born between the early 1928 and the early 1945.

Read the following text carefully:

Young people are suffering from "workaholism", the work addiction that affects 66% of Millennials.

In bathrooms, on the subway, at the post office, in the gym, during dinners with friends: young people are suffering from "workaholism," or work addiction. According to research published last year in the American magazine Forbes, it is affecting 66% of Millennials – a situation that has most likely become worse, not better, due to COVID-19. With details that are cause for concern: 32% admitted to working even when sitting on the toilet; 63% claimed they were productive even when sick; 70% is always active even on weekends. And according to a poll published in the Washington Examiner, 39% of digital natives would be willing to work even on vacation.

The separation between private life and work no longer exists, with the latter now taking over the first. It's what in the United States they call "hustle culture", the idea that to be successful you need to be at the top of your work game every day.

The main culprit of this hyper-productivity is technology, of course, which allows us to work wherever and whenever we want. All you need is a connection, no need to even go to the office. And with smartphones, we constantly have a desk at hand, running the inevitable risk of never disconnecting and living in a continuous cycle in which the work is ever present. The number of working hours becomes longer, breaks up and covers every area of private life.

Other factors that generate work addiction are demanding managers, the excessive desire to succeed, the fear of not having a career, and not being as good as others. Widespread concerns among a generation, the Millennials, which shows a lot of concern for the future compared to baby boomers.

This is the so called “workaholism”, a term coined in 1971 by psychologist Wayne Oates in the book *Confessions of a Workaholic: The Facts about Work Addiction*. The term refers to **the** compulsion or uncontrollable need to work incessantly. An addiction that can cause symptoms such as anxiety, insomnia, depression, and weight gain. So much so that the Millennials’ generation is also known as the “burnout generation”. And the unlimited work hours affect social relations with friends, relatives, wives, and husbands. The result is that divorce rate is very high: according to a research conducted on 300 women by Dr. Bryan Robinson of the University of North Carolina-Charlotte, only 45% of workaholics are able to avoid it, compared to 84% of the average population.

Specific therapy centres have even been created to treat work addiction. The most important is based in New York and is called “Workaholics Anonymous”. You can find self-help books to be free from work addiction, which include techniques very similar to those used with alcoholism or drug abuse, in bookstores. But in this case, the substance to detox from is overworking.

<https://www.adecogroup.com/future-of-work> - 09 September 2020

Task 2. Find evidence in the text for the following:

1. More than half of the Millennials suffer from workaholism.
2. According to the Forbes most of the Millennials work during the weekends.
3. For the Millennials working is becoming more important than family life.
4. Technology is responsible for this workaholism.
5. Millennials are more worried about success and the lack of a career than the people from the Baby Boom Generation.

Task 3. Answer the following questions with complete answers:

1. What kind of symptoms can a workaholic have?
2. Why is the divorce rate high among Millennials?
3. How can this disturbance be treated?

Task 4. Find words or phrases in the text which mean the following:

1. dependency =
2. the cause of =
3. predominant =
4. invented =
5. physical or mental collapse =

Task 5. Match the idioms with their meaning.

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|-----------------------------------|---|
| 1. back to the drawing table ____ | a. to get started |
| 2. back to square one ____ | b. to work lazily |
| 3. by the book ____ | c. something is not complicated to understand |
| 4. the bottom line ____ | d. to quit or accept failure |
| 5. small talk ____ | e. to start again after a plan or idea was not successful |
| 6. call the shots ____ | f. a discussion about everyday topics |
| 7. rocket science ____ | g. to do something by law or rule |
| 8. get the ball rolling ____ | h. back to the beginning |
| 9. 24/7 ____ | i. the most important part |
| 10. slack off ____ | j. to make the major decisions |
| 11. throw in the towel ____ | k. 24 hours a day, seven days a week |