

**Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)**

1. Gareth is such a \_\_\_\_\_! He works until 9pm every day, and he usually works the weekends as well!
2. Helen's \_\_\_\_\_ with work at the moment, so she's working late and can't come to the restaurant.
3. Poor John! He's completely \_\_\_\_\_ after working the last four weekends to finish the project.
4. Sorry I can't come to the meeting today; I'm \_\_\_\_\_ in the sales figures for last month.
5. The best way to manage your \_\_\_\_\_ is to create a system of prioritisation.
6. Trying to meet all these deadlines has really \_\_\_\_\_.

1. to stress [someone] out (verb)
2. stressed out (adjective)
3. burnt out (adjective)
4. workload (noun)
5. workaholic (noun)
6. to be up to your neck in something (idiom)

**Part 1**    What is the definition of burnout?



What are the three dimensions of occupational burnout?

  
  

**Have you ever experienced one of them?**

## Part 2



What are the six dimensions in which the mismatches tend to happen?

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## Part 3



How can people reverse burnout?

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In the video, the reporter described a few **initiatives** that were implemented in Japan in order to curb overwork, such as “Premium Fridays” and a new holiday called “Mountain Day”. Think of a different social or cultural problem. Come up with two initiatives that could help resolve this problem. Write the names of the initiatives and describe them.

**PROBLEM:** .....

**INITIATIVE #1:** .....

**INITIATIVE #2:** .....

**PROBLEM:** .....

**INITIATIVE #1:** .....

**INITIATIVE #2:** .....

**PROBLEM:** .....

**INITIATIVE #1:** .....

**INITIATIVE #2:** .....

**PROBLEM:** .....

**INITIATIVE #1:** .....

**INITIATIVE #2:** .....