

# KAROSHI

Karoshi is a Japanese term that literally means "death from \_\_\_\_" (1). It refers to cases of sudden death or suicide due to \_\_\_\_ (2) or job-related exhaustion. This phenomenon has become a serious issue in Japan, where long work hours and intense \_\_\_\_ (3) are common.

The causes of Karoshi can be attributed to several factors, including excessive \_\_\_\_ (4), lack of rest, and high-stress levels. Employees who work more than 80 hours of \_\_\_\_ (5) per month are at a higher risk of developing health problems such as heart disease, stroke, and mental illness.

To address this problem, the Japanese government has implemented various measures, such as setting limits on overtime hours and encouraging companies to promote a better work-life \_\_\_\_ (6). However, the deeply ingrained work culture in Japan makes it difficult to change the \_\_\_\_ (7) of employees who feel obligated to prioritize their jobs over their health.

Many companies are now recognizing the importance of \_\_\_\_ (8) their employees' well-being. Some have started to offer wellness programs, flexible work hours, and mental health \_\_\_\_ (9). These changes aim to reduce the risk of Karoshi and create a healthier work environment.

Karoshi serves as a stark reminder of the importance of maintaining a healthy work-life balance and prioritizing one's \_\_\_\_ (10) in the face of demanding work environments. It is crucial for both employees and employers to work together to prevent this tragic \_\_\_\_ (11) and ensure a sustainable future.

In conclusion, Karoshi is a serious issue that highlights the need for a cultural shift in how we view \_\_\_\_ (12) and health.