



ENGLISH V WEEK 6

#EnModoAcreditados
LIVEWORKSHEETS



AT WORK

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LIVEWORKSHEETS



Answer the following questions about your job.

1. Do you think that you work too much? Why do you think that?

2. Do you have enough energy to do something fun after work?

3. Do most companies in your country expect people to work more hours than they already do?

4. Do you think you "work to live" or "live to work"?



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[CLIC HERE TO LISTEN THE AUDIO](#)



Listen to the full recording and answer the questions below.

1. Why was the speaker seeing their children less?

2. What were they surprised about?

3. Where did they eat breakfast, lunch, and dinner?

4. Do they want to talk to their boss about how they feel?

5. What advice would you give to the person in this story?

#EnModoAprender  **LIVEWORKSHEETS**



Read the following paragraph titles for the article. Match them to the correct paragraph, one of them is not needed.

1. The majority feel the pressure
2. "No" is the magic word
3. Sleeping on company time
4. Work and the body
5. The mind is more important than the body
6. Friends and family feel the stress
7. Lower your standards

Living at work

Damaging to both your mind and body?

- A. _____
- Do you "work to live" or "live to work"? If it is the second option, then there is a chance that you might be spending too much time in the office. The hashtag #sleepwhereyouwork got some attention recently as it showed an image of an office worker sleeping on the floor beside their desk with an accompanying sleeping bag and mask. This image may seem extreme to some of us but for others it is just a normal part of life as they try to earn an honest living. While making money is important, we need to think carefully about what effects this kind of lifestyle can have on both mental and physical health.
- B. _____
- Physically, the impact of spending too much time at work can be incredibly serious and it is something that we should know about. Obvious side effects include increased backache and neck pain especially if you are working in a job where you are standing or sitting a lot. It has also been shown that if you are spending more than 60 hours a week in the office then you have an increased risk of experiencing problems which can later lead to a higher danger of strokes and heart disease.
- C. _____
- The effects of spending too much time at work can have on your mind is equally as serious. In a 2019 study, 94% of working Americans admitted to experiencing some levels of stress at work and while it might be common to experience a little bit, long term periods of stress can be extremely serious.

- D. _____
- For example, it can affect our sleep patterns, our diet and increase how much alcohol we drink which in turn can lead to things like emotional exhaustion, anxiety and depression. Unfortunately, this tends to have a great impact on your life outside of the office with 76% of employees saying that work stress affected their personal relationships.
- E. _____
- So, is there anything we can do about this? What little steps can we take to make sure that our time spent at work doesn't damage our health? Firstly, care less. It might seem like a strange thing to say but caring less about work is one of the best ways to reduce your stress levels. The reality is that most bosses will not be able to tell if you are putting in 100% effort or 80% so start trying a little less.
- F. _____
- Another important skill is learning how to say "no". If you keep saying "yes" to all tasks, then you are putting unfair demands on yourself, and the chances are you are increasing the length of your working week. It has been shown that after working 50 hours, productivity actually goes down and after 55 hours, it drops massively, so learning to say no will actually improve your quality of work which should in turn keep your manager off your back.



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Read the following statements and decide if they are true (T), false (F) or not given (NG) based on the article.

1. Body aches are just an issue for people who stand a lot at work. _____
2. Almost 100% of Americans with jobs have experienced a level of stress at work. _____
3. Spending more time at work will make us drink less alcohol. _____
4. To lower your stress levels, you should try and care more about your work. _____
5. A little bit of stress at work can make you more productive in the long term. _____
6. Saying "no" to certain things can actually help you work better. _____

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Look at the questions about the article and answer them:



1. What did you think of the article? What was the most interesting thing?

2. Do you think that work has more of an impact on your mental health or your physical health?

3. Do you think that the strategy of caring less could work well for most working people?

4. Is it easy for you to say no to your boss? Why do you think many people say yes to tasks that will make them stressed?

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