



Why do we buy into the 'cult' of overwork?

1. Brag (verb)
2. Devote (verb)
3. Hustle (verb)
4. Put in (expression)
5. Take a toll on
6. Track (verb)
7. Perk (noun)
8. Work yourself ragged

- a. To work so hard that you become extremely tired and exhausted.
- b. To talk about one's achievements or abilities in a way that shows excessive pride.
- c. To use time or effort on a particular activity or purpose.
- d. To have a negative impact on someone or something, often causing harm or damage.
- e. A benefit or advantage that comes with a job, often something extra that improves job satisfaction.
- f. To work energetically and continuously, often in a fast-paced environment.
- g. To record or monitor something carefully over time.
- h. To invest a significant amount of time or effort into something, or to include more on something that is already established.

Answers:

Part 1

What is the definition of burnout?

What are the three dimensions of occupational burnout?

Part 2



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

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