



What do you think are the causes and *effects* of stress at work? Look at the phrases below and put 'C' (cause) or 'E' (effect) next to each.

1. low staff morale
2. cost cutting
3. employee absences
4. a heavy workload
5. dissatisfied customers
6. lower profits
7. poor performances
8. bullying at work
9. the economy

Match the words to the correct definition

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|-----------------|---|
| 1. significant | a. clear, easy to see, e.g. a
_____ difference |
| 2. noticeable | b. extremely important |
| 3. essential | c. important or great, e.g. a
_____ increase |
| 4. consequences | d. the results or effects of something |

You are going to read an article about a survey of British companies on the theme of stress in the workplace. Complete the following statements with information from the text.

1. 500 managers took part in the survey.
2. According to _____ managers, stress had affected business over the past year.
3. According to _____ managers, stress was continuing to have a negative effect on business.
4. _____ of businesses said that the number of employee absences had risen over the past year.
5. _____ of businesses said that staff morale had decreased over the past year.

**Let's describe work-related stress.
Match the expression to the possible meaning.**

Idiom	Meaning
1. Burning the candle at both ends	A. Feeling overwhelmed by many tasks or responsibilities
2. Running on fumes	B. Reaching the limit of your patience or energy due to stress
3. In the weeds	C. Putting in a lot of effort but not making any progress
4. At the end of your rope	D. Working long hours, often leading to exhaustion
5. Hitting a brick wall	E. Being very tired or close to burnout after putting in too much effort
6. Spinning your wheels	F. Facing an obstacle or challenge that feels impossible to overcome