



Burnout

1

Read the text below, choose the correct answers (A, B, C, D)

HMT/EBI

Instagram: English__on_the_go

Burnout is a (1) _____ of being completely drained, both mentally and physically that can come from studying for an exam over a long period of time. It's like being exhausted and unmotivated, even though you know you have more (2) _____ to do. When you're experiencing burnout, it can be hard to (3) _____ on your studies and you may feel like you're not making progress. This can lead to frustration, stress, and anxiety, which can make it even harder to study. To avoid burnout while studying for an exam, it's important to take breaks and practise (4) _____. This can (5) _____ doing activities that you enjoy, such as listening to music or going for a walk, and taking regular breaks to recharge your energy.

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|---------------|-----------|------------|-----------------|--------------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| A) sensation | A) job | A) focus | A) self-esteem | A) implement |
| B) feeling | B) learn | B) absorb | B) self-control | B) involve |
| C) perception | C) revise | C) immerse | C) self-care | C) comprise |
| D) impression | D) work | D) engage | D) self-doubt | D) contain |

2

Read the text below, choose the correct answers (A, B, C, D)

Instagram: English__on_the_go

(6) _____, you can prevent burnout by developing a balanced study routine. Make sure to organize your study time effectively by breaking tasks into smaller, manageable parts. It's also essential to stay physically active. Even a short walk or (7) _____ minutes of stretching can make a difference. (8) _____ useful strategy is to practise mindfulness and relaxation techniques. Try deep breathing exercises, meditation, or journaling to clear your mind and reduce stress. And don't forget to connect with others. Talking to friends, family members, or even classmates about your struggles (9) _____ you feel supported and motivated. Sometimes, a friendly conversation can make all the difference. Finally, celebrate your progress, no matter how small it may seem. Reward (10) _____ for completing tasks and remember that it's okay to take breaks and rest.

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|------------------|-------------|--------------|------------------|---------------|
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |
| A) Although | A) a few | A) Others | A) help | A) themselves |
| B) In spite of | B) few | B) The other | B) helps | B) myself |
| C) However | C) little | C) Other | C) helping | C) yourself |
| D) Unfortunately | D) a little | D) Another | D) going to help | D) oneself |