

A. Read the text about Burnout.

Burnout is a type of stress suffered by many workers. This stress often leads to a state of physical and emotional exhaustion that can leave people feeling **drained**, helpless, trapped in a negative situation, and even defeated. Burnout can also lead to a sense of failure and to question one's own identity.

While it is very real, and its consequences are serious, there is no official medical **diagnosis** for burnout. Some medical experts think that burnout may be a **symptom** of other conditions such as depression while others believe that factors such as personality traits and interpersonal relationships may make certain people more **susceptible** to burnout. However, there may be factors in the workplace that contribute to the problem. Firstly, having little say about decisions that affect their job such as schedules, assignments or workload has a negative psychological impact on workers. This can be **exacerbated** by a lack of resources needed to do their work. Another cause of work-related stress is unclear job expectations such as how much authority workers have to do certain things, or what management and co-workers expect from them. Additionally, interacting with **dysfunctional** colleagues such as the office bully, a co-worker who seeks to **undermine**, or a boss who **micromanages** can contribute to workplace pressure. Finally, extremes of activity where certain jobs are either too **monotonous** or too **chaotic** can lead to **fatigue** and job burnout.

Many people feeling stressed at work and school may not realize that they are suffering from burnout. There are some particular symptoms to look for if they suspect they have burnout. People with burnout can display a **cynical** or highly critical attitude at work. This can be accompanied by increased irritability and a lack of patience. Other tell-tale signs of burnout are a lack of energy and a loss of productivity, a lower ability to stay focused and concentrate, and low enthusiasm and a lack of job satisfaction. There are also some physical symptoms such as headaches, and stomach or bowel problems.

B. Write the words in bold from the text next to their definitions.

1. To be easily influenced or harmed by something
2. When someone tries to control every part of a situation, even small details
3. Describing a belief that people always act selfishly
4. Describing the feeling of being very tired and having no energy
5. Describing a state of total confusion that has no order
6. A conclusion about what a particular illness or problem is
7. Describing people or relationships that do not behave or work normally
8. To weaken someone's confidence, their power, or their chances to succeed
9. Making something that is already bad even worse
10. A feeling of extreme physical or mental tiredness
11. Something which is boring because it keeps repeating and never changes
12. Something that is wrong with your body or mind that is a sign of an illness

C. Complete the advice about writing cause and effect essays with the words below.

- | | | | |
|----------------|-------------|----------------|----------|
| a. demonstrate | b. arranged | c. transition | d. draft |
| e. cohesive | f. thesis | g. informative | h. valid |

A cause-and-effect essay should have a logical and (1) structure. Once you have a topic, (2) a thesis statement. It can focus on a single cause-and-effect relationship, it can also explain how one event has multiple effects, or it can show how a phenomenon has multiple causes. Body paragraphs should (3) that your thesis is (4) Create an outline before writing your essay to ensure every key idea is covered and (5) logically. Then, write the first draft of your essay. Your essay should show how one person, thing, idea, or event affects another. Write clear topic sentences and include (6) words so that each body paragraph has a clear connection to your (7) Review your essay by asking questions such as: Is my thesis clear? Do my examples show a clear connection between the causes and effects? Have I used transitions and topic sentences in a way that makes my writing clear and (8)? After reviewing your work, write the final draft of your essay.

D. In groups, choose a health-related issue and discuss its causes and effects and list them in the table.

Causes	Effects

E. Use the list of causes and effects to create an essay outline for a four-paragraph, block-structure cause and effect essay (BP refers to body paragraph).

Thesis statement:

BP 1 Topic sentence:

Cause 1:

Cause 2:

BP 2 Topic sentence:

Effect 1:

Effect 2:

A series of horizontal dotted lines spanning the width of the page, intended as a guide for handwriting practice.

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