



# BURNOUT

## CONVERSATIONS

### B1/B2



**road trip** - wycieczka (krajoznawcza)  
**prolonged** - długotrwały, przedłużający się  
**fatigue** - zmęczenie  
**apathy** - apatia, obojętność  
**exhaustion** - wyczerpanie  
**phenomenon** - zjawisko  
**unfold** - rozwijać się  
**condition** - dolegliwość, choroba  
**bite off more than you can chew** - rzucać się z motykiem na słońce  
**brink of** - skraj  
**breakdown** - załamanie nerwowe  
**honeymoon** - miesiąc miodowy  
**responsibilities** - obowiązki  
**take on** - przyjmować, godzić się na coś  
**onset** - nadejście, początek

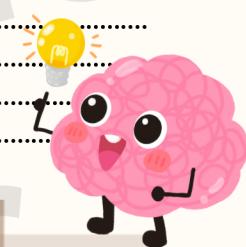
**initial** - początkowy  
**temper** - łagodzić  
**anxious** - niespokojny, lękliwy  
**handle** - poradzić sobie z czymś  
**sign up for** - zapisać się na coś, wyrazić zgodę  
**surface** - powierzchnia, pojawiać się  
**tunnel vision** - klapki na oczach  
**capacity** - zdolność  
**rage** - gniew  
**setback** - przeszkoda  
**take over** - przejąć władzę / kontrolę  
**plummet** - runąć, obniżyć się do zera  
**insomnia** - bezsenność  
**vicious cycle** - błędne koło  
**despair** - rozpacz

### Exercise 1

Find synonyms for the following words. You may use vocabulary from the list above only.

1. Prolonged .....
2. Fatigue .....
3. Apathy .....
4. Exhaustion .....
5. Phenomenon .....
6. Condition .....
7. Brink of .....
8. Breakdown .....
9. Responsibilities .....
10. Onset .....
11. Initial .....
12. Anxious .....
13. Handle .....
14. Setback .....
15. Despair .....

My notes:



## Exercise 2

Use the words from the list below to complete the sentences. Each word is used only once.

**road trip, prolonged, fatigue, apathy, exhaustion, phenomenon, unfold, condition, bite off more than you can chew, brink of, breakdown, honeymoon, responsibilities, take on, onset, initial, temper, anxious, handle, sign up for, surface, tunnel vision, capacity, rage, setback, take over, plummet, insomnia, vicious cycle, despair**

1. After working non-stop for months, he felt extreme ..... and could barely keep his eyes open.
2. She regretted agreeing to so many tasks at once - it felt like she had decided to .....
3. The scientist studied the rare weather ..... that had never been observed before.
4. The constant stress and pressure pushed her to the ..... of quitting her job.
5. He had been feeling stressed and overwhelmed ever since the ..... of the new semester.
6. Despite the major ..... in their business, they remained hopeful and kept moving forward.
7. His ..... to the news surprised everyone; he seemed completely indifferent.
8. The couple planned a long ..... to relax after their wedding.
9. The meeting did not go well because he let his ..... control his words.
10. Without enough sleep, she was stuck in a ..... of exhaustion and stress.
11. If you don't learn to ..... stress properly, it can take a toll on your health.
12. The CEO decided to ..... the project after the previous leader resigned.
13. She was so nervous about her presentation that her ..... thoughts kept her awake at night.
14. His financial situation began to ..... after he lost his job.
15. At the ..... stage of the negotiations, both sides were optimistic about reaching a deal.
16. The stress became too much for him, and he suffered a mental .....
17. She didn't want to ..... another responsibility, fearing she wouldn't have enough time.
18. His sleepless nights due to ..... affected his ability to focus at work.
19. The situation continued to ..... in unexpected ways.
20. He had no more ..... to deal with extra pressure at work.
21. When the truth started to ..... , people realized how serious the issue was.
22. She felt extremely ..... before her job interview and couldn't stop worrying.
23. He decided to ..... a new course at university to improve his skills.
24. The new law helped ..... the negative effects of the economic crisis.
25. The overwhelming number of ..... made it difficult for her to find time for herself.
26. His constant focus on his goal led to ..... - he ignored everything else around him.
27. After months of job rejections, he was consumed by ..... and lost hope.
28. They had planned a long ..... to visit national parks and historic sites.

### Exercise 3

Watch the film and answer the following questions.

<https://www.youtube.com/watch?v=nnwkX6u9tFo>

1. According to the film, what is burnout?

2. Is burnout reserved for work only? If not, then what else?

3. What are the stages of progression to burnout?

4. What symptoms can be classified as a feeling of burnout?

5. How to recover from burnout?

6. What is Freudenberger's idea of burnout?

My notes:



## Exercise 4

### Prepare to discuss these questions:



#### Understanding Burnout

1. How do you define burnout? How is it different from stress?
2. What are the common signs and symptoms of burnout?
3. Have you or someone you know experienced burnout? What were the warning signs?

#### Causes & Triggers

4. What are some common workplace factors that cause burnout?
5. Can burnout be caused by factors outside of work (e.g., personal life, caregiving, school)?
6. How does remote work impact burnout—does it help or make it worse?
7. Do some professions or industries experience burnout more than others? Why?

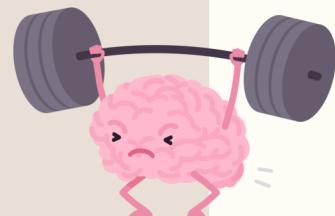
#### Coping & Prevention

8. What strategies have you found effective in managing or preventing burnout?
9. How can workplaces help employees avoid burnout?
10. What role does work-life balance play in preventing burnout?
11. How can setting boundaries improve mental well-being and reduce burnout?

#### Solutions & Moving Forward

12. If someone is already experiencing burnout, what steps can they take to recover?
13. What role should employers and managers play in supporting employees dealing with burnout?
14. How can organisations create a culture that prioritises well-being?
15. What systemic changes (e.g., policy changes, and flexible work schedules) could help reduce burnout in the long run?

*My notes:*



## Answer key



### Exercise 1

These are suggested answers only and may differ from yours.

1. Prolonged → extended, lengthy, sustained
2. Fatigue → tiredness, weariness, exhaustion
3. Apathy → indifference, lack of interest, detachment
4. Exhaustion → burnout, depletion, extreme fatigue
5. Phenomenon → occurrence, event, happening
6. Condition → illness, ailment, disorder
7. Brink of → edge, verge, threshold
8. Breakdown → collapse, crisis, failure
9. Responsibilities → duties, obligations, tasks
10. Onset → beginning, start, commencement
11. Initial → first, primary, original
12. Anxious → worried, nervous, uneasy
13. Handle → manage, deal with, cope with
14. Setback → obstacle, difficulty, hindrance
15. Despair → hopelessness, distress, misery

### Exercise 3

These answers may differ from yours, but still they should be similar.

1. According to the film, what is burnout?

*Reaction to prolonged stress which results in mental fatigue, emotional apathy, and physical exhaustion.*

2. Is burnout reserved for work only? If not, then what else?

*No, it may also be noticed in healthcare, teaching, parenting, chronically ill people, and anyone who bites off more than they can chew.*

3. What are the stages of progression to burnout?

- *Honeymoon - happy and motivated and taking on a lot of responsibilities,*
- *Onset of stress - feeling that there are deadlines and lots of responsibility,*
- *Stress and anxiety settle in,*
- *Tunnel vision development,*
- *Feeling of loneliness - not necessarily always the case, but we tend to not see stuff around us, and hence, feel all alone.*
- *Spiral of anxiety or rage - each task causes immense stress and may set you off,*
- *Exhaustion and psychosomatic disorders - headaches, migraines, body aches,*
- *Apathy - zero productivity because you don't care any more.*
- *Depression.*

4. What symptoms can be classified as a feeling of burnout?

*Constant cognitive fatigue, physical problems, mood swings, apathy, anger, despair*

5. How to recover from burnout?

*Can take months or years - first we have to distance ourselves from the stressor, create enough "me" time to cool down, and do everything before deadlines.*

6. What is Freudberger's idea of burnout?

*Fatigue that comes from caring too much for too long.*

### Exercise 2

1. exhaustion
2. bite off more than she could chew
3. phenomenon
4. brink
5. onset
6. setback
7. apathy
8. honeymoon
9. rage
10. vicious cycle
11. handle
12. take over
13. anxious
14. plummet
15. initial
16. breakdown
17. take on
18. insomnia
19. unfold
20. capacity
21. surface
22. anxious
23. sign up for
24. temper
25. responsibilities
26. tunnel vision
27. despair
28. road trip