

Workplace Stress: Who Really Carries the Weight?

Advanced (C1-C2)



Part 1. Read the statements. Choose one that feels closest to how work has felt recently and explain your choice.

1. "I'm busy, but I don't always know why."
2. "Work follows me home more than it used to."
3. "I feel 'on' even when I'm technically off."
4. "Some days I'm fine — other days I'm wiped out."
5. "Nothing dramatic, just... constant."

Part 2. Rate each statement from 1 (not me at all) to 5 (very me). Explain your choice.

1. I'm mentally clocked in more than I'd like.
2. Being busy has become part of my identity.
3. Switching off takes real effort.
4. Saying no at work feels like it has consequences.
5. Feeling drained has started to feel normal.



Part 3. Think back to the earlier stage of your working life. Complete and explain:

1. Work felt manageable when ...
2. The pressure started building when ...
3. One unspoken expectation that appeared was ...

Part 4. When workplace stress builds up, where does it usually come from first? Choose two and explain how they connect.



Part 5. Read the statements. For each one, say whether you mostly agree, partly agree, or disagree, and explain why.

1. "If you can't stand the heat, get out of the kitchen."
2. "Stress is just the price of ambition."
3. "Resilience training fixes workplace stress."
4. "Everyone feels this way — it's normal."

Part 6. Look at the ways people try to deal with workplace stress. Rate each one from 1 (not helpful at all) to 5 (very helpful). Which sounds good in theory but is hardest in reality?

1. Raising the issue with your manager
2. Setting clearer boundaries
3. Changing teams or roles
4. Using wellbeing benefits properly
5. Doing nothing and waiting it out



Part 7. Read what each colleague says below. Respond naturally and supportively, as if you were speaking to a real person at work.

1. "I don't want to complain — I don't want to seem difficult."
2. "Everyone else seems to cope better than me."
3. "I know I need boundaries, but I'm scared of the consequences."
4. "If I slow down, I'll fall behind."

Part 8. Choose one option and explain your choice.

Flexible hours	or	clear boundaries?
Coping better	or	changing expectations?
Speaking up	or	keeping your head down?
Personal resilience	or	shared responsibility?

REFLECTION

Complete the sentences with your own ideas.

1. One idea about work stress I'm questioning now is ...
2. One boundary I respect more after this lesson is ...
3. One sentence from today that stayed with me is ...