

Part 1. Read the four statements below. Which ones sound familiar? Which would you never say? Explain why.

"I don't need eight hours of sleep — I run on caffeine and deadlines."	"If I take a proper day off, I feel guilty for the whole week."
"I used to love my job. Now I just feel numb by Wednesday."	"Busy is basically my default setting these days."

Part 2. Read the statements below. Which feel true for you at the moment? Which don't?

- I regularly feel too tired to do things I'd normally enjoy.
- I've turned down social plans recently because I couldn't face them.
- I find myself daydreaming about being anywhere except work or study.
- Small mistakes have been creeping into work I'd normally get right.
- I've been getting ill more often than usual lately.
- I snap at people more quickly than I used to.

Part 3. Before watching the video, read the sentences below and discuss the meanings of the expressions in bold.

1. After two years of unpaid overtime, she was eventually diagnosed with **burnout**.
2. By Friday evening I'm so **emotionally exhausted** I can't hold a conversation.
3. When things get stressful, he tends to **isolate himself** instead of asking for help.
4. During the meeting, I caught myself having **escape fantasies** about quitting and moving to the coast.
5. Her **performance has been suffering** ever since she took on the extra project.
6. Stress had left him with a **pessimistic mindset** about things that used to excite him.
7. I've **been** so **on edge** lately that I snapped at my flatmate over nothing.
8. Some people **cope with stress** by exercising; others just bottle it up.

Part 4. Watch the [video](#) about the signs of burnout. Decide if each statement is true or false.

1. The term “burnout” was first used by a psychologist in the 1970s.
2. Feeling emotionally exhausted can make someone feel they have no control over their life.
3. People experiencing burnout often become more sociable than usual.
4. Escape fantasies can include wanting to be anywhere except work or school.
5. Burnout has little or no effect on the quality of a person’s work.
6. Long-term stress can weaken the immune system.

Part 5. Answer the following questions about the video.

1. Which decade did the term “burnout” first appear in, according to the video?
2. Name two of the signs of burnout mentioned in the video.
3. According to the video, why might prolonged stress make someone more likely to get ill?
4. What kind of attitude shift does the video associate with the later stages of burnout?
5. What two lifestyle changes does the video suggest can help prevent burnout?

Part 6. Discuss the following questions.

- Which of the signs from the video do you recognise most, in yourself or in someone you know?
- Do you think burnout is taken seriously enough in most workplaces? Why, or why not?
- Is there a real difference between being genuinely busy and being burnt out?
- At what point should someone accept they need to change something, rather than just push through?

Part 7. Read the situations. Choose the response closest to how you'd actually feel or behave. Then discuss what your choice reveals.

You've cancelled plans with friends three weekends in a row because you "just need to recover." They've stopped asking.

1. *You realise this has gone too far and reach out to reconnect.*
2. *You feel a flicker of guilt but tell yourself you'll sort it out next month.*
3. *Honestly, you're relieved. Fewer plans mean less pressure right now.*
4. *You hadn't even noticed until reading this.*

Your manager praises your "work ethic" for replying to emails at 11pm. Something about the compliment doesn't sit right.

1. *You feel proud. Being seen as reliable matters to you.*
2. *You laugh it off, but privately think: this isn't sustainable.*
3. *You quietly start setting boundaries around your evenings.*
4. *You say nothing, but you're already dreading tomorrow's inbox.*

A colleague, usually easy-going, snaps at you over something minor. You know they've been working flat out for weeks.

1. *You take it personally and snap back.*
2. *You brush it off, but it changes how you see them a little.*
3. *You wonder if you should check in with them properly.*
4. *You recognise the behaviour, because you've felt it too.*

Part 8. Read the statements. Say whether you agree, disagree, or partly agree.

- Burnout is mostly a problem for people who don't manage their time well.
- Companies benefit, in the short term, from employees who don't set boundaries.
- A proper holiday can undo months of chronic stress.
- It's easier to spot burnout in other people than in yourself.
- Younger workers are more prone to burnout than older ones.
- A demanding job is only a problem if you let it be.

Part 9. Tell your partner about a period in your life — or someone else's — when the pressure became too much.

Think about:

- What the situation was, and how long it lasted
- Which of the signs from the video showed up first
- What, if anything, helped
- What you would do differently if it happened again

Reflection

Complete the sentences in your own words.

1. One sign of burnout from the video that I recognise in myself right now is...
2. The area of my life currently creating the most pressure is...
3. Something small I could change this week is...
4. If I noticed a friend showing these signs, I would...