

Why do we glamourise overwork more than ever?

1. Replace the underlined words and phrases with the words in the box. You will need to change the form of some.

brag
put in

devote
take a toll on

hustle
track

perk
work yourself ragged

- a) Nowadays we often hear that we should work harder.
- b) You look exhausted. You need to stop overworking.
- c) She's been working long hours at the office recently.
- d) He's always boasting about how much money he earns.
- e) A company car is not the only benefit that comes with the job.
- f) Some people commit themselves fully to their work.
- g) When you suffer from chronic stress, you're on a fast path to burnout.
- h) Overwork can harm your mental and physical health.

2. Summarise the article using the words and phrases from ex. 1.

3. Discuss the questions.

- Do you agree that hustling hard, putting in long hours and exhaustion are markers of success? Why (not)?
- Do you think that burnout and the overwork culture are more common now than 20–30 years ago?
- How often do you hear people bragging about how much they work?
- Do you think things will change and people will start to prioritise wellbeing over working themselves ragged?
- How can overwork lead to burnout?
- Has your devotion to work ever taken a toll on your mental or physical health?
- Some companies have started to notice the problem and offer mental health programmes to their employees. Are they on the right track to dealing with the issue?