

## Why do we glamourise overwork more than ever?

[Send a link to an [article](https://eslbrains.com/crc004) [eslbrains.com/crc004] about the overwork culture to your students so that they can read it before the class.]

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. **hustle<sup>1</sup>**
- b) You look exhausted. You need to stop overworking. **working yourself ragged**
- c) She's been working long hours at the office recently. **putting in**
- d) He's always boasting about how much money he earns. **bragging**
- e) A company car is not the only benefit that comes with the job. **perk**
- f) Some people commit themselves fully to their work. **devote**
- g) When you suffer from chronic stress, you're on a fast path to burnout. **track**
- h) Overwork can harm your mental and physical health. **take a toll on**

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?

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<sup>1</sup> Note that *hustle* is AmE and very informal