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Level 4 – 27th June, 2021

Toxic workplaces increase depression risk by 300%

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

Toxic workplaces are hazardous to mental health. A study found that people who work at companies that do not prioritise mental health are three times likelier to suffer from depression. A toxic workplace is one that has poor management, bullying, and a failure to cater for mental health issues. Researchers say unhappy, mistreated or burnt out workers will produce less and be absent from work more.

A researcher said mental health issues at work could be attributed to poor management. She said failing to reward or acknowledge employees for hard work put staff at a greater risk of depression. This is made worse if unreasonable demands are made of workers. Bullying also negatively affects staff and can lead to burnout. Depression affects 260 million people worldwide and causes many people to take their own lives.

Sources: <https://bmjopen.bmj.com/content/11/6/e044133>
<https://metro.co.uk/2021/06/24/toxic-work-culture-makes-you-three-times-more-likely-to-be-depressed-14820538/>
<https://www.iflscience.com/health-and-medicine/your-risk-of-depression-increases-by-300-percent-in-a-toxic-work-environment/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|----------------------|
| 1. Toxic workplaces are | a. for mental health |
| 2. A study found | b. from depression |
| 3. companies that do not prioritise | c. work more |
| 4. three times likelier to suffer | d. hazardous |
| 5. one that has poor | e. mental health |
| 6. a failure to cater | f. out workers |
| 7. mistreated or burnt | g. management |
| 8. be absent from | h. that |

PARAGRAPH TWO:

- | | |
|-------------------------------|-----------------------|
| 1. attributed to poor | a. risk of depression |
| 2. acknowledge employees | b. 260 million people |
| 3. put staff at a greater | c. demands are made |
| 4. made worse if unreasonable | d. management |
| 5. Bullying also negatively | e. lives |
| 6. lead to | f. for hard work |
| 7. Depression affects | g. burnout |
| 8. take their own | h. affects staff |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

Toxic workplaces (1) _____ mental health. A study found that people who work (2) _____ do not prioritise mental health are (3) _____ to suffer from depression. A toxic workplace is one that (4) _____, bullying, and a failure to cater for (5) _____. Researchers say unhappy, mistreated or burnt out workers will produce less and be (6) _____ more.

A researcher said mental health issues at work could (7) _____ poor management. She said (8) _____ or acknowledge employees for hard work put staff at a greater (9) _____. This is made worse if unreasonable (10) _____ of workers. Bullying also negatively affects staff and can (11) _____. Depression affects 260 million people worldwide (12) _____ people to take their own lives.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

Toxic workplaces are hazardous to mental health. A study found that people who work at companies that do not prioritise mental health are three times more likely to suffer from depression. A toxic workplace is one that has poor management, bullying, and a failure to cater for mental health issues. Researchers say unhappy, mistreated or burnt out workers will produce less and be absent from work more. A researcher said mental health issues at work could be attributed to poor management. She said failing to reward or acknowledge employees for hard work put staff at a greater risk of depression. This is made worse if unreasonable demands are made of workers. Bullying also negatively affects staff and can lead to burnout. Depression affects 260 million people worldwide and causes many people to take their own lives.

TOXIC WORKPLACES SURVEY

From <https://breakingnewsenglish.com/2106/210627-toxic-workplaces-4.html>

Write five GOOD questions about toxic workplaces in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

