



WSC WIĘCEJ NIŻ OCZEKujesz

Warsaw Study Centre

say it with Mr Zloty

Mr Zloty warns you today, here are just several signs of a bad day coming..

- The worst player on the golf course wants to play you for money.
- You call suicide prevention and they put you on hold.
- Your birthday cake collapses from the weight of the candles.
- Your twin sister forgets your birthday.
- Your 4-year-old tells you that it's almost impossible to flush a grapefruit down the toilet.
- You realize that you just sprayed spot remover under your arms instead of deodorant.
- You start to put up the clothes you wore home from the party last night.... and there aren't any.
- Your car payment, house payment, and girlfriend are three months overdue.
- Everyone avoids you the morning after the company office party.
- Airline food starts to taste good.
- Your mother approves of the person you are dating.

READ AND LEARN

This month we deal with... **JOB BURNOUT**

Is Your Job Putting You At Risk For Burnout? This time we suggest you take good care of yourself and evaluate if your job is putting you under excessive levels of stress? These days our work lives take up much of our waking hours and affect us greatly. Let's analyze which features of your job may put you at a greater risk of burnout, and assess your emotional state and feelings about your job, to let you know more about your burnout risk. Assess your situation, and find resources for combating burnout.

The following test will do the job...

1. Are you valued or recognized at your job?

- a. Yes, I feel recognized for my accomplishments and valued for my work
- b. Sort of. I don't get a ton of accolades, but I don't feel really devalued or unrecognized
- c. No, I feel pretty taken for granted and undervalued much of the time

2. Do you have balance in your life?

- a. Yes, I have at least adequate time for everything that's important to me
- b. Sort of. I can either have a small amount of time for everything, or adequate time for some of

what's important to me, but I don't have an ideal level of balance

- c. No, I feel I'm seriously lacking the time to fit major things that are important to me into my lifestyle

3. Do you have the time and resources to accomplish what you have to do?

- a. Yes, I'm on my toes, but I have enough time to fulfill all of my responsibilities well without having to knock myself out too much.
- b. Sort of. I have to put in extra hours and/or take work home if I don't want to cut corners on my job
- c. No. Whatever I do, there's no way one person could adequately complete all these responsibilities as well as I'm expected to

4. Are you able to take regular vacations?

- a. Yes, I take a vacation every year, and there's always nights and weekends to relax.
- b. Sort of. I may not take a formal vacation every year, but I do have time where I can just relax and play.
- c. No, I very rarely get vacation time, and even work a significant number of nights and weekends

5. Are you appropriately compensated?

- a. Yes, when you factor in financial and other less tangible forms of compensation, it's definitely worth it
- b. Sort of. There are others who are better compensated than me for the amount of work they do, but I'm still better compensated than I could be
- c. No, I'm really not compensated appropriately for the level of effort I put in

6. Do you have anyone you can talk to about the stress you experience?

- a. Yes, I have a supportive network of people I talk to, and at least some are people with whom I can discuss my feelings
- b. Sort of, I have some people I talk to, but we don't really talk about feelings and frustrations; it's more superficial
- c. No, I don't have anyone I can really talk to about anything significant

7. Are you able to get enough sleep?

- a. Yes, I get at least 7 hours per night
- b. Sort of; sometimes I get 7 hours, but sometimes it's less
- c. No, I get 6 or few hours of sleep most nights

8. Does your job afford you the freedom to decide what to do and how you will tackle problems?

- a. Yes, I have overall goals to fulfill, but how I want to tackle them, and on what schedule, is up to me.
- b. Sort of. I have some wiggle room to make decisions, but most of my day is planned by others, or by circumstances not in my control
- c. No, I have little to no choice in how I do my job and how I spend my time. Even using the bathroom needs to be cleared by someone, it seems

8. Do you generally feel excited about coming to work, or do you dread it?

- a. I generally wake up looking forward to the day ahead.

- b. Sometimes I'd rather do something besides work, but I generally enjoy my work at least somewhat
- c. Honestly, many days it's hard to get out of bed to face more of the same

10. How does your work generally make you feel?

- a. Vital, stimulated, and happy to be there
- b. Sometimes I get bored, but sometimes I'm pretty happy
- c. Grumpy. Sometimes I feel overly sensitive or even sad?

Now check your answers:

Mostly a) means High Job Satisfaction:

You probably already know this, but you are a good match for your job. It keeps you stimulated, but not overwhelmed, and the payoff is worth the effort.

Mostly b) means Medium Job Satisfaction:

You experience some frustrations with your work that may put you at an increased risk for burnout, and perhaps should look at the areas of your work life that cause you additional stress. You may be able to make some changes that can help you experience more job satisfaction, such as asking for clearer job requirements, better compensation, or more time off. You can also make your lifestyle a greater source of satisfaction by increasing the level of lifestyle balance you have in your overall life and working harder at having time for hobbies and strong relationships.

Mostly c) means Very Low Job Satisfaction / Serious Burnout Risk:

You are in a situation that puts you at a serious risk for burnout, and you should carefully look at the areas of your work life that cause you additional stress. You may be able to make some changes that can help you experience more job satisfaction, such as asking for clearer job requirements, better compensation, or more time off. You may, however, want to do some serious soul searching and reconsider whether your job is really a good fit for you, or see if other areas of your life can change in order to compensate. You can also make your lifestyle a greater source of satisfaction by increasing the level of lifestyle balance you have in your overall life and working harder at having time for hobbies and strong relationships. Self care is an important part of wellbeing as well, and it's very important that you take time for this. All in all, you need to remember to nurture yourself so that you don't burn out.

COMMUNICATION SKILL PILL

When you are overworked and stressed it is good to take a break and eat out. Make it an experience you'll really remember. Today's pill contains several expressions used in a restaurant.

Read the conversation below and complete it with the missing words from the box

- a). insist | b). at all | c). be going | d). excite your palate | e). select | f). suggest | g). order | h). pass | i). on me | j). specialty | k). recommend | l). better

James: Shall we (1) now?
 Daisy: Sure. What do you (2) ?
 James: I recommend choosing items that (3) above all.
 Daisy: Which wine do you think ...
 James: Decide what you're going to order first, then (4) a wine to complement that food.
 Daisy: Ok. I'll have Polish duck stuffed with apples.
 James: Excellent choice. I (5) Cabernet Sauvignon in this case.
 Daisy: And what will you have?
 James: A local (6) , dumplings stuffed with sauerkraut and wild mushrooms.
 Daisy: That sounds interesting. And what about wine?
 James: Let's share a bottle of Sauvignon.
Later
 James: Cheers! Here's to our meeting!
 Daisy: I'll drink to that. Cheers.
 James: Enjoy your meal. Mm, my dumplings are absolutely delicious. How is your duck?
 Daisy: Excellent. Could you (7) some pepper, please?
 James: Here you are. Some more wine?
 Daisy: No, thanks. I'd (8) not. I'm driving.
Later
 Daisy: I really must (9)
 James: So soon?... Waiter, can we have the bill please?
 Daisy: Let me pay for myself.
 James: Oh, no, no. I (10) I have invited you. It's (11)
 Daisy: Well, James... thank you for the most enjoyable evening.
 James: Not (12) , my pleasure.

KEY: 1g, 2k, 3d, 4e, 5f, 6j, 7h, 8l, 9c, 10a, 11i, 12b.

COLOUR UP YOUR ENGLISH

If you're too stressed out, maybe it's time to go to a pub...

You may need these expressions. Match the expressions with their meaning.

1. I'll get the booze.	a) I'm buying the drinks.
2. a soft drink	b) I'm over the legal limit allowed for driving.
3. It's my round.	c) a time at the beginning of the evening when some bars sell drinks for half price
4. I'll have a drop of the hard stuff.	d) I'm feeling bad after drinking too much...
5. I'm over the limit!	e) He drank a lot last time.
6. Let's go down to the pub!	f) Let's celebrate in a pub.
7. Let's paint the town red!	g) I'll buy the beer
8. a happy hour	h) a non alcoholic drink
9. I've got a hangover...	i) Let's go out to the pub
10. He got really smashed last time!	j) I'll drink some spirits rather than beer or wine.

KEY: 1g, 2h, 3a, 4j, 5b, 6j, 7f, 8c, 9d, 10e



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