

Amazon creates 'AmaZen' booths for stressed workers

1st June, 2021



Amazon wants to help its workers with stress and mental health problems. The company plans to put special booths in its warehouses to help workers relax. They are called "wellness chambers". The booths are part of a new scheme called

"WorkingWell". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are part of a system called "AmaZen". Zen is a practice whereby people meditate and focus on being calm. The company said: "During shifts, employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations...and calming scenes with sounds."

Not all was calm and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter account. Many social media users criticised the video and the idea of the wellness chamber. Most of the criticism was because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported on an Amazon worker who said the chambers would not work. The worker described his experiences of working at Amazon. He said: "You don't get treated like a person. They work you like a robot... You don't have time to...get water. You don't have time to go to the bathroom." Amazon said: "The health and safety of employees is [our] number one priority and has been since day one."

Sources: bbc.com / yahoo.com / independent.co.uk

Writing

All companies should have areas for workers to relax and de-stress. Discuss.

Chat

Talk about these words from the article.

workers / stress / mental health / wellness / relaxation / system / employee / sounds / social media / criticism / working conditions / experiences / robot / bathroom / time

True / False

- 1) Amazon plans to sell "wellness chambers" from its warehouses. T / F
- 2) The wellness chambers are part of a scheme called "FeelingWell". T / F
- 3) Workers can watch videos about relaxation in the wellness chambers. T / F
- 4) Workers can get advice on meditating while in the wellness chambers. T / F
- 5) Many social media users think the wellness chambers are a great idea. T / F
- 6) An Amazon worker feels he's treated more like a robot than a human. T / F
- 7) An Amazon worker said he has plenty of time to go to the bathroom. T / F
- 8) Amazon says the health of its workers has always been its top priority. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|---------------------|
| 1. stress | a. method |
| 2. chambers | b. circumstances |
| 3. system | c. tranquil |
| 4. focus | d. workers |
| 5. calming | e. regarded |
| 6. criticised | f. rooms |
| 7. conditions | g. pressure |
| 8. treated | h. concern |
| 9. employees | i. concentrate |
| 10. priority | j. found fault with |

Discussion – Student A

- a) What do you think about what you read?
- b) What things make you stressed?
- c) What do you do to relieve your stress?
- d) Are you always calm?
- e) Would you use an AmaZen?
- f) Will robots replace all humans in workplaces?
- g) What is your number one priority?
- h) What questions would you like to ask Amazon's boss?

Phrase Match

- | | |
|---------------------------------------|---------------------------|
| 1. help its workers with stress and | a. priority |
| 2. put special booths in | b. on being calm |
| 3. people meditate and focus | c. sounds |
| 4. easy-to-follow well- | d. like a person |
| 5. calming scenes with | e. one |
| 6. Many social media users criticised | f. mental health problems |
| 7. working | g. the video |
| 8. You don't get treated | h. its warehouses |
| 9. our number one | i. conditions |
| 10. since day | j. being activities |

Discussion – Student B

- How stressed are you?
- What do you think of the company Amazon?
- Would you like to work for Amazon?
- What do you know about mental health?
- What do you think of the wellness chambers?
- What do you do to relax?
- What do you think of meditation?
- What can make the workplace stressful?

Spelling

- put special booths in its useaohwesr
- part of a new echsme
- part of a setsym called "AmaZen"
- people etdemati and focus
- videos fngtareiu easy-to-follow well-being activities
- inmgcla scenes with sounds
- on its Twitter ncaouct
- Most of the istirmicc
- because of working onidsontci
- The worker described his ixenesecrep
- The health and safety of psoeyleme
- our number one rioirtyp

Answers – Synonym Match

1. g	2. f	3. a	4. i	5. c
6. j	7. b	8. e	9. d	10. h

Role Play

Role A – Money

You think money is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, family or social media.

Role B – The Pandemic

You think the pandemic is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): money, family or social media.

Role C – Family

You think family is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, money or social media.

Role D – Social Media

You think social media is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, family or money.

Speaking – Stress

Rank these with your partner. Put the biggest stresses at the top. Change partners often and share your rankings.

- | | |
|---------------------|----------------|
| • Work / School | • Money |
| • Bosses / Teachers | • The pandemic |
| • Social media | • Family |
| • Technology | • Neighbours |

Answers – True False

1 F	2 F	3 T	4 T	5 F	6 T	7 F	8 T
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Answers to Phrase Match and Spelling are in the text.