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Level 6 – 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.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

New research has revealed that toxic workplaces can be hazardous to mental health. The year-long study is from the University of South Australia. Researchers found that full-time workers who work for companies or organizations that do not prioritise employees' mental health are three times more likely to suffer from depression. The researchers examined the adverse effect of "toxic" environments on health. Elements of a toxic workplace included poor management practices, bullying, and a failure to consider mental health issues. The researchers indicated that if employees are unhappy at work, mistreated or burnt out, their productivity will suffer and absenteeism will increase.

Lead researcher Dr Amy Zadow said mental health issues created in the workplace can be attributed to poor management practices and values. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard work, impose unreasonable demands on workers, and do not give them autonomy are placing their staff at a much greater risk of depression." She added: "Bullying in a work unit can not only negatively affect the victim, but also the perpetrator....It is not uncommon for everyone in the same unit to experience burnout as a result." Depression affects over 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/>

WARM-UPS

1. TOXIC WORKPLACES: Students walk around the class and talk to other students about toxic workplaces. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

research / toxic / health / mental health / adverse / management / failure / suffer / workplace / values / companies / employees / autonomy / depression / worldwide

Have a chat about the topics you liked. Change topics and partners frequently.

3. COMFORTABLE: Students A **strongly** believe companies should be legally required to provide comfortable workplaces; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. THE WORKPLACE: How should these things be to create a good workplace? What experiences have you had of these? Complete this table with your partner(s). Change partners often and share what you wrote.

	A Good Workplace	My Experiences
The boss		
Desks		
Breaks		
Staff room		
Holidays		
Promotion		

5. TOXIC: Spend one minute writing down all of the different words you associate with the word "toxic". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. STRESS: Rank these with your partner. Put the most stressful things at work at the top. Change partners often and share your rankings.

- Boss
- Deadlines
- Start time
- Salary
- Customers
- Overtime
- Colleagues
- Technology

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. revealed | a. Decide that or treat something as more important than other things. |
| 2. hazardous | b. Pointed out; showed. |
| 3. prioritise | c. Made previously unknown or secret information known to others. |
| 4. adverse | d. Risky; dangerous. |
| 5. consider | e. Preventing success or development; harmful; unfavorable. |
| 6. indicated | f. Think carefully about something, typically before making a decision. |
| 7. absenteeism | g. The practice of regularly staying away from work or school without good reason. |

Paragraph 2

- | | |
|-----------------|--|
| 8. attributed | h. Freedom from external control or influence; independence. |
| 9. value | i. Regarded something as being caused by someone or something. |
| 10. evidence | j. Accept or admit the existence or truth of. |
| 11. acknowledge | k. A person who carries out a harmful, illegal, or immoral act. |
| 12. autonomy | l. A principle or standard of behavior; one's judgment of what is important in life. |
| 13. perpetrator | m. Physical or mental collapse caused by overwork or stress. |
| 14. burnout | n. The available body of facts or information indicating whether a belief or proposition is true or valid. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The research is from the University of North Australia. **T / F**
2. Researchers said one in three companies do not prioritise mental health. **T / F**
3. Researchers said bullying is an aspect of a toxic workplace. **T / F**
4. Researchers said absenteeism will suffer and productivity will increase. **T / F**
5. A researcher said management practices are poor in all companies. **T / F**
6. Workers without autonomy are at greater risk of depression. **T / F**
7. The researcher says bullying also adversely affects the bully. **T / F**
8. Over 260 million people around the world are affected by depression. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|-----------------|
| 1. revealed | a. think about |
| 2. hazardous | b. principles |
| 3. adverse | c. efficiency |
| 4. consider | d. impacts |
| 5. productivity | e. perilous |
| 6. attributed to | f. appreciate |
| 7. values | g. showed |
| 8. acknowledge | h. freedom |
| 9. autonomy | i. unfavourable |
| 10. affects | j. put down to |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|------------------------------|
| 1. toxic workplaces can be hazardous | a. also the perpetrator |
| 2. three times more likely to | b. people worldwide |
| 3. poor management | c. absenteeism will increase |
| 4. mistreated or | d. as a result |
| 5. productivity will suffer and | e. practices |
| 6. impose unreasonable demands | f. to mental health |
| 7. staff at a much greater | g. on workers |
| 8. not only negatively affect the victim, but | h. burnt out |
| 9. experience burnout | i. risk of depression |
| 10. Depression affects over 260 million | j. suffer from depression |

GAP FILL

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

New research has (1) _____ that toxic workplaces can be (2) _____ to mental health. The year-long study is from the University of South Australia. Researchers found that (3) _____ workers who work for companies or organizations that do not prioritise employees' mental health are three times more (4) _____ to suffer from depression. The researchers examined the (5) _____ effect of "toxic" environments on health. Elements of a toxic workplace included poor management practices, bullying, and a failure to (6) _____ mental health issues. The researchers indicated that if employees are unhappy at work, (7) _____ or burnt out, their productivity will suffer and (8) _____ will increase.

full-time
absenteeism
consider
hazardous
mistreated
likely
revealed
adverse

Lead researcher Dr Amy Zadow said mental health issues created in the workplace can be (9) _____ to poor management practices and values. She said: "Evidence shows that companies who fail to (10) _____ or acknowledge their employees for hard work, impose unreasonable (11) _____ on workers, and do not give them autonomy are placing their staff at a much greater (12) _____ of depression." She added: "Bullying in a work unit can not only (13) _____ affect the victim, but also the (14) _____....It is not uncommon for everyone in the same unit to experience (15) _____ as a result." Depression affects over 260 million people worldwide and (16) _____ many people to take their own lives.

reward
negatively
causes
attributed
risk
burnout
demands
perpetrator

LISTENING – Guess the answers. Listen to check.

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

- 1) New research has revealed that toxic workplaces _____
 - a. can being hazardous
 - b. can be hazardous
 - c. can been hazardous
 - d. can bee hazardous
- 2) full-time workers who work for companies or organizations that _____
 - a. do not priority is
 - b. do not priory ties
 - c. do not prioritise
 - d. do not priory 'tis
- 3) employees' mental health are three times more likely to _____
 - a. suffer from deep ration
 - b. suffer from deep pressing
 - c. suffer from depression
 - d. suffer from depressing
- 4) Elements of a toxic workplace included _____
 - a. poor management practices
 - b. poor management practice is
 - c. poor management particles
 - d. poor management practice
- 5) mistreated or burnt out, their productivity will suffer and _____
 - a. absent schism will increase
 - b. abs sent teams will increase
 - c. absent teams will increase
 - d. absenteeism will increase
- 6) Lead researcher Dr Amy Zadow said mental health issues _____ workplace
 - a. create in the
 - b. create it in the
 - c. created in the
 - d. created it in the
- 7) acknowledge their employees for hard work, impose unreasonable _____
 - a. demands in workers
 - b. demands son workers
 - c. demands on workers
 - d. demand son workers
- 8) do not give them autonomy are placing their staff at a much greater _____
 - a. risk of depression
 - b. risqué of depression
 - c. brisk of depression
 - d. bisque of depression
- 9) Bullying in a work unit can not only negatively affect the victim, but _____
 - a. also the perpetrate or
 - b. also the perpetrate tour
 - c. also the perpetrator
 - d. also the perpetrate our
- 10) It is not uncommon for everyone in the same unit to experience _____ result
 - a. burn out as a
 - b. burn nowt as a
 - c. burnt out as a
 - d. burr nowt as a

LISTENING – Listen and fill in the gaps

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

New research has (1) _____ workplaces can be hazardous to mental health. The (2) _____ is from the University of South Australia. Researchers found that full-time workers who work for companies or organizations that do not prioritise employees' mental health are three times (3) _____ suffer from depression. The researchers examined the (4) _____ "toxic" environments on health. Elements of a toxic workplace included poor management practices, bullying, and a (5) _____ mental health issues. The researchers indicated that if employees are unhappy at work, mistreated or burnt out, their (6) _____ and absenteeism will increase.

Lead researcher Dr Amy Zadow said mental health issues created in the workplace can (7) _____ poor management practices and values. She said: "Evidence shows that companies who (8) _____ or acknowledge their employees for hard work, impose unreasonable (9) _____, and do not give them autonomy are placing their staff at a much (10) _____ depression." She added: "Bullying in a work unit can not (11) _____ the victim, but also the perpetrator....It is not uncommon for everyone in the same unit to experience (12) _____ result." Depression affects over 260 million people worldwide and causes many people to take their own lives.

COMPREHENSION QUESTIONS

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

1. How long was the research in this article?
2. What university carried out the research?
3. What might workers be three times more likely to suffer from?
4. What do researchers say some companies fail to consider?
5. What will increase if workers are mistreated or burnt out?
6. Who is Amy Zadow?
7. What did a researcher suggest some companies impose on workers?
8. Who can be negatively affected by bullying besides the victim?
9. What can bullying lead to in a work unit?
10. How many people worldwide are affected by depression?

MULTIPLE CHOICE - QUIZ

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

- 1) How long was the research in this article?
 - a) two years
 - b) a year
 - c) six months
 - d) 18 months
- 2) What university carried out the research?
 - a) the University of Australia
 - b) the University of North Australia
 - c) the University of West Australia
 - d) the University of South Australia
- 3) What might workers be three times more likely to suffer from?
 - a) the sack
 - b) adverse conditions
 - c) depression
 - d) demotion
- 4) What do researchers say some companies fail to consider?
 - a) mental health issues
 - b) desk space
 - c) work relations
 - d) pricing
- 5) What will increase if workers are mistreated or burnt out?
 - a) anger
 - b) absenteeism
 - c) bitterness
 - d) animosity
- 6) Who is Amy Zadow?
 - a) the lead researcher
 - b) a work relations expert
 - c) a mental health expert
 - d) a psychologist
- 7) What did a researcher suggest some companies impose on workers?
 - a) overtime
 - b) long hours
 - c) unreasonable demands
 - d) unrealistic titles
- 8) Who can be negatively affected by bullying besides the victim?
 - a) the perpetrator
 - b) customers
 - c) bosses
 - d) researchers
- 9) What can bullying lead to in a work unit?
 - a) silence
 - b) fights
 - c) arguments
 - d) burnout
- 10) How many people worldwide are affected by depression?
 - a) just fewer than 260 million
 - b) exactly 260 million
 - c) over 260 million
 - d) around 260 million

ROLE PLAY

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

Role A – The Boss

You think the boss is the most stressful aspect of working. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least stressful of these (and why): deadlines, colleagues or technology.

Role B – Deadlines

You think deadlines are the most stressful aspect of working. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least stressful of these (and why): the boss, colleagues or technology.

Role C – Colleagues

You think colleagues are the most stressful aspect of working. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least stressful of these (and why): deadlines, the boss or technology.

Role D – Technology

You think technology is the most stressful aspect of working. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least stressful of these (and why): deadlines, colleagues or the boss.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'toxic' and 'workplace'.

toxic	workplace

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• revealed• full• long• suffer• included• unhappy	<ul style="list-style-type: none">• lead• shows• fail• placing• victim• affects
--	--

TOXIC WORKPLACES SURVEY

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

TOXIC WORKPLACES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'toxic'?
3. How can the workplace affect our health?
4. What is your ideal workplace?
5. What do you think of the places you have worked at?
6. What responsibility do managers have to create a positive workplace?
7. What can companies do to create a positive workspace?
8. How do bad workplaces affect people?
9. What companies are great places to work for?
10. What can lead to burnout?

Toxic workplaces increase depression risk by 300% – 27th June, 2021
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TOXIC WORKPLACES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'workplace'?
13. What do you think about what you read?
14. Why are there poor management practices?
15. How can companies stamp out bullying at work?
16. Have you ever had a bad boss?
17. What can workers do about toxic workplaces?
18. What one thing creates a great workplace?
19. What do you know about depression?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

New research has revealed that (1) _____ workplaces can be hazardous to mental health. The year-long study is from the University of South Australia. Researchers found that full-time workers who work for companies or organizations that do not prioritise employees' mental health are three times more (2) _____ to suffer from depression. The researchers examined the (3) _____ effect of "toxic" environments on health. Elements of a toxic workplace included (4) _____ management practices, bullying, and a failure to consider mental health issues. The researchers indicated that (5) _____ employees are unhappy at work, mistreated or burnt out, their productivity will suffer and (6) _____ will increase.

Lead researcher Dr Amy Zadow said mental health issues created in the workplace can be attributed (7) _____ poor management practices and values. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard work, impose unreasonable demands (8) _____ workers, and do not give them autonomy are placing their staff at a much greater risk (9) _____ depression." She added: "Bullying in a work unit can not only negatively affect the victim, but also the (10) _____. It is not uncommon for everyone in the same unit to experience (11) _____ as a result." Depression affects over 260 million people worldwide and causes many people to (12) _____ their own lives.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-----------------|--------------|-----------------|
| 1. | (a) toxic | (b) toxicity | (c) tuxedo | (d) taxonomy |
| 2. | (a) liked | (b) likeable | (c) likely | (d) liking |
| 3. | (a) advert | (b) advent | (c) adverse | (d) advantage |
| 4. | (a) poverty | (b) strapped | (c) broke | (d) poor |
| 5. | (a) if | (b) should | (c) what | (d) that |
| 6. | (a) boggling | (b) absenteeism | (c) dragging | (d) diminish |
| 7. | (a) at | (b) for | (c) of | (d) to |
| 8. | (a) at | (b) on | (c) as | (d) via |
| 9. | (a) on | (b) as | (c) of | (d) by |
| 10. | (a) spoof | (b) believer | (c) shambles | (d) perpetrator |
| 11. | (a) burner | (b) burns | (c) burning | (d) burnout |
| 12. | (a) case | (b) take | (c) frame | (d) just |

SPELLING

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

Paragraph 1

1. can be hasduozar to mental health
2. more likely to suffer from eirdsnpose
3. the deesvra effect of "toxic" environments
4. The researchers anddcitei that
5. their drctyopitvui will suffer
6. ebseesimant will increase

Paragraph 2

7. tduebtirat to poor management
8. niceveed shows that
9. reward or ndeaowkcegl their employees
10. give them taomnoyu
11. but also the oeretprtrpa
12. experience butruno as a result

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () Lead researcher Dr Amy Zadow said mental health issues created in the workplace can be attributed to poor management
- (**1**) New research has revealed that toxic workplaces can be hazardous to mental health. The year-long
- () placing their staff at a much greater risk of depression." She added: "Bullying in a work unit can not only negatively
- () unhappy at work, mistreated or burnt out, their productivity will suffer and absenteeism will increase.
- () for companies or organizations that do not prioritise employees' mental health are three
- () study is from the University of South Australia. Researchers found that full-time workers who work
- () practices and values. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard
- () times more likely to suffer from depression. The researchers examined the adverse effect of "toxic" environments
- () work, impose unreasonable demands on workers, and do not give them autonomy are
- () on health. Elements of a toxic workplace included poor management practices, bullying, and a failure to
- () million people worldwide and causes many people to take their own lives.
- () in the same unit to experience burnout as a result." Depression affects over 260
- () affect the victim, but also the perpetrator....It is not uncommon for everyone
- () consider mental health issues. The researchers indicated that if employees are

PUT THE WORDS IN THE RIGHT ORDER

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

1. workplaces can Research be revealed that hazardous . toxic
2. employees' health . do prioritise that Organizations mental not
3. environments adverse health . toxic effect of The on
4. a poor toxic management . Elements of included workplace
5. employees at Researchers that unhappy work . are indicated
6. the created issues in workplace . Mental health
7. poor and to values . management Attributed practices
8. to acknowledge employees . reward or their Fail
9. risk a at of Staff greater depression . much
10. worldwide . affects over 260 million Depression people

CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research has revealed that toxic workplaces can be *hazard* / *hazardous* to mental health. The year-long study is from the University of South Australia. Researchers *found* / *fond* that full-time workers who work for companies or organizations that do not *priorities* / *prioritise* employees' mental health are three times more likely *to* / *for* suffer from depression. The researchers examined the *advents* / *adverse* effect of "toxic" environments *on* / *in* health. Elements of a toxic workplace *inclusive* / *included* poor management practices, bullying, and a *fail* / *failure* to consider mental health issues. The researchers *indicated* / *vindicated* that if employees are unhappy at work, mistreated or burnt *in* / *out*, their productivity will suffer and absenteeism will increase.

Lead researcher Dr Amy Zadow said mental health issues created *in* / *on* the workplace can be attributed *at* / *to* poor management practices and *worth* / *values*. She said: "Evidence shows that companies who fail to *rewind* / *reward* or acknowledge their employees for hard work, impose unreasonable demands on workers, and do not give them *anatomy* / *autonomy* are placing their staff at a much greater *risk* / *risky* of depression." She added: "Bullying in a work unit can not only *negative* / *negatively* affect the victim, but also the perpetrator....It is not *uncommon* / *uncommonly* for everyone in the same unit to experience burnout *as* / *was* a result." Depression affects over 260 million people worldwide and causes many people to take their *down* / *own* lives.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

N_w r_s__rch h_s r_v__l_d th_t t_x_c w_rkpl_c_s c_n
b_ h_z_r_d__s t_ m_nt_l h__lth. Th_ y__r-l_ng st_dy _s
fr_m th_ _n_v_r_s_ty _f S__th __str_l___. R_s__rch_rs
f__nd th_t f_ll-t_m_ w_rk_rs wh_ w_rk f_r c_m_p_n__s
_r _rg_n_z_t__ns th_t d_ n_t pr__r_t_s_ _mpl_y__s'
m_nt_l h__lth _r_ thr__ t_m_s m_r_ l_k_ly t_ s_ff_r
fr_m d_pr_ss__n. Th_ r_s__rch_rs _x_m_n_d th_
_dv_rs_ _ff_ct _f "t_x_c" _n_v_r_nm_nts _n h__lth.
_l_m_nts _f _ t_x_c w_rkpl_c_ _ncl_d_d p__r
m_n_g_m_nt pr_ct_c_s, b_lly_ng, _nd _ f__l_r_ t_
c_ns_d_r m_nt_l h__lth _ss__s. Th_ r_s__rch_rs
_nd_c_t_d th_t _f _mpl_y__s _r_ _nh_ppy _t w_rk,
m_str__t_d _r b_rnt __t, th__r pr_d_ct_v_ty w_ll s_ff_r
_nd _bs_nt__sm w_ll _ncr__s_.

L__d r_s__rch_r Dr _my Z_d_w s__d m_nt_l h__lth
_ss__s cr__t_d _n th_ w_rkpl_c_ c_n b_ _ttr_b_t_d t_
p__r m_n_g_m_nt pr_ct_c_s _nd v_l__s. Sh_ s__d:
"_v_d_nc_ sh_ws th_t c_m_p_n__s wh_ f__l t_ r_w_r_d
_r _ckn_wl_dg_ th__r _mpl_y__s f_r h_r_d w_rk, _mp_s_
_nr__s_n_bl_ d_m_nds _n w_rk_rs, _nd d_ n_t g_v_
th_m __t_n_my _r_ pl_c_ng th__r st_ff _t _ m_ch
gr__t_r r_sk _f d_pr_ss__n." Sh_ _dd_d: "B_lly_ng _n
_ w_rk _n_t c_n n_t _nly n_g_t_v_ly _ff_ct th_
v_ct_m, b_t _ls_ th_ p_r_p_tr_t_r...._t _s n_t _nc_mm_n
f_r _v_ry_n_ _n th_ s_m_ _n_t t_ _xp_r__nc_ b_rn__t
_s _ r_s_lt." D_pr_ss__n _ff_cts _v_r 260 m_ll__n
p__pl_ w_rldw_d_ _nd c__s_s m_ny p__pl_ t_ t_k_
th__r _wn l_v_s.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

new research has revealed that toxic workplaces can be hazardous to mental health the yearlong study is from the university of south australia researchers found that fulltime workers who work for companies or organizations that do not prioritise employees mental health are three times more likely to suffer from depression the researchers examined the adverse effect of toxic environments on health elements of a toxic workplace included poor management practices bullying and a failure to consider mental health issues the researchers indicated that if employees are unhappy at work mistreated or burnt out their productivity will suffer and absenteeism will increase

lead researcher dr amy zadow said mental health issues created in the workplace can be attributed to poor management practices and values she said evidence shows that companies who fail to reward or acknowledge their employees for hard work impose unreasonable demands on workers and do not give them autonomy are placing their staff at a much greater risk of depression she added bullying in a work unit can not only negatively affect the victim but also the perpetrator it is not uncommon for everyone in the same unit to experience burnout as a result depression affects over 260 million people worldwide and causes many people to take their own lives

PUT A SLASH (/) WHERE THE SPACES ARE

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

New research has revealed that toxic workplaces can be hazardous to mental health. The year-long study is from the University of South Australia. Researchers found that full-time workers who work for companies or organizations that do not prioritise employees' mental health are three times more likely to suffer from depression. The researcher examined the adverse effect of "toxic" environments on health. Elements of a toxic workplace included poor management practices, bullying, and a failure to consider mental health issues. The researchers indicated that if employees are unhappy at work, mistreated or burnt out, their productivity will suffer and absenteeism will increase. Lead researcher Dr Amy Zadow said mental health issues created in the workplace can be attributed to poor management practices and values. She said: "Evidence shows that companies who fail to reward or acknowledge their employees for hard work, impose unreasonable demands on workers, and do not give them autonomy are replacing their staff at a much greater risk of depression." She added: "Bullying in a work unit cannot only negatively affect the victim, but also the perpetrator.... It is not uncommon for everyone in the same unit to experience burnout as a result." Depression affects over 260 million people worldwide and causes many people to take their own lives.

ACADEMIC WRITING

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

Companies that have toxic workplaces should be heavily fined. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. TOXIC WORKPLACES: Make a poster about toxic workplaces. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FINES: Write a magazine article about imposing big fines on companies that have toxic workplaces. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on toxic workplaces. Ask him/her three questions about them. Give him/her three of your ideas on how to end toxicity. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. a 4. e 5. f 6. b 7. g
8. i 9. l 10. n 11. j 12. h 13. k 14. m

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 F 5 F 6 T 7 T 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. A year
2. The University of South Australia
3. Depression
4. Mental health issues
5. Absenteeism?
6. The lead researcher
7. Unreasonable demands
8. The perpetrator
9. Burnout
10. Over 260 million

WORDS IN THE RIGHT ORDER (p.19)

1. Research revealed that toxic workplaces can be hazardous.
2. Organizations that do not prioritise employees' mental health.
3. The adverse effect of toxic environments on health.
4. Elements of a toxic workplace included poor management.
5. Researchers indicated that employees are unhappy at work.
6. Mental health issues created in the workplace.
7. Attributed to poor management practices and values.
8. Fail to reward or acknowledge their employees.
9. Staff at a much greater risk of depression.
10. Depression affects over 260 million people worldwide.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)