

## 1&gt; Answer the questions and find out the meaning of the words in bold.

- 1 When you are **allured** by something, are you attracted to or discouraged by it?
- 2 When you **bring about** something, do you make it happen or disappear?
- 3 Does a **foremost** thing mean an important or a rather minor thing?
- 4 If your job was **sedentary**, would you move around the place or sit all day long?
- 5 When you **cut down on** something, do you put a limit on it or get rid of it?
- 6 Is an **aversion** to/towards something or someone a feeling of liking or disliking it/them?
- 7 When you **neglect** your duties, do you do your best to complete them or rather not?
- 8 Does **an assistance programme** bring help or companionship?

## 2&gt; Complete the sentences with the correct form of the words in bold in exercise 1.

- 1 Agatha can't stand sitting in one place, so she turned down the offer of a \_\_\_\_\_ job.
- 2 The invention of the computer \_\_\_\_\_ revolutionary changes in people's lives.
- 3 Thanks to the financial \_\_\_\_\_ provided by the company, we could take a loan and refurbish the flat.
- 4 Henry accepted the offer because he \_\_\_\_\_ by numerous job benefits.
- 5 The psychologist advised me \_\_\_\_\_ working overtime. Otherwise, I'll suffer from health disorders.
- 6 No one likes doing the things they feel \_\_\_\_\_ towards.
- 7 The financial department is considered the \_\_\_\_\_ one in the company.
- 8 Steve was fired because he \_\_\_\_\_ his duties for too long.

## 3&gt; EXAM TASK Przeczytaj teksty A i B. Uzupełnij w e-mailu (tekst C) luki 1–5 zgodnie z treścią tekstów A i B. Luki należy uzupełnić w języku polskim. Uwaga: w każdą lukę możesz wpisać maksymalnie pięć wyrazów.

A

## Thread: Work-health balance



Stan87

I'd like to share my experience of working from home. Allured by the benefits like no commuting and flexible working hours, I decided to quit my regular job and work from home. But after a month, I started to lack companionship with my colleagues; also, I soon realised I'd given up my active lifestyle. With much effort, I brought about some changes and made them my foremost daily rules.

**Eat right!** Check food blogs for weekly menus and make meals in advance. When it's time for lunch, it'll take you less time to prepare a full, healthy meal.

**Stretch your body!** A sedentary lifestyle at a computer damages your health. Make time for simple stretching. A good workout doesn't require expensive equipment – some weights or a yoga mat are enough.

**Take breaks!** A few short breaks throughout the day will do miracles. Take a break from looking at the screen and your eyes, neck and back will be grateful. But make sure you don't do any work-related tasks then. As you can see, it's not so complicated. I've been feeling much better since I found work-health balance and made wellness a priority. Good luck!

Na podstawie: <https://azbigmedia.com/business/jobs/how-to-stay-active-and-healthy-when-working-from-home/>

B

## New message

Cześć, Mira!

Chciałabym podzielić się z Tobą wrażeniami z bardzo ciekawej lekcji języka angielskiego. Czytaliśmy teksty na temat pracy z domu. Najbardziej zainteresował mnie wpis na forum, napisany przez osobę, prawdopodobnie mężczyznę, który porzucił regularną pracę i zdecydował się na pracę z domu, ponieważ <sup>1</sup> \_\_\_\_\_, takimi jak brak konieczności dojazdu czy elastyczny czas pracy. Wkrótce jednak zaczął tęsknić za towarzystwem kolegów z pracy. Co więcej, zdał sobie sprawę, że zupełnie zaniedbał aktywny tryb życia. Wprowadzenie zmian w trybie życia nie było łatwe i <sup>2</sup> \_\_\_\_\_. Teraz przygotowuję posiłki wcześniej, znajdę czas na ćwiczenia rozciągające i krótkie przerwy w godzinach pracy, gdyż wie, że <sup>3</sup> \_\_\_\_\_ niszczy zdrowie.

Mówiliśmy również o <sup>4</sup> \_\_\_\_\_ jeżeli ktoś pracuje w ciągłym stresie. Niektóre firmy wychodzą naprzeciw potrzebom i oferują <sup>5</sup> \_\_\_\_\_, którzy wypełnią ankietę i zakwalifikują się do konsultacji psychologicznej.

Ciekawa jestem, z czym nam przyjdzie się zmierzyć, kiedy zaczniemy pracować. Co myślisz?

Pozdrawiam,

Zośka

C

**Do you work under chronic stress? Are you at risk of workplace burnout?**

Do the questionnaire and find out.

1	Have you been asked to cut down on your work?	yes	no
2	Have you felt an aversion towards someone you work with recently?	yes	no
3	Do you feel you are neglecting your family or friends?	yes	no
4	Do you think you are becoming hyperactive for no reason?	yes	no
5	Do you think your work performance has reduced?	yes	no

If you answer 'yes' to any of the questions, you might be suffering burnout. We advise you to consult a confidential external psychologist, whose service is part of the company assistance programme.

Na podstawie: <https://www.inverse.com/article/56412-world-health-organization-job-burnout-signs-you-have-it-who-s-most-at-risk>

4> Work in pairs. Read the questions and discuss the answers. Use the information from the texts and your own ideas.

- 1 Would you consider working from home in the future? Why?/Why not?
- 2 What are the possible symptoms of workplace burnout? Use the Internet and find out how serious the problem is in your country.