
词汇: *burnout* 过度疲劳

Whether it's studying for exams, working on a project or struggling with a dissertation, we've all been under immense **stress** at some point. When it gets a bit **overwhelming**, we can reach a level of exhaustion that is **unprecedented** – the **dreaded** burnout. However, that feeling of exhaustion is not just physical; it can be mental as well.

According to 'Psychology Today', burnout isn't just caused by working long hours; it is more about **prolonged** or repeated exposure to a stressful situation. The result can be feelings of **cynicism**, **depression** and **lethargy**. A feeling of loss of control in a work scenario can create a conflict with the **sense of self** – which can lead to burnout. Suffering from burnout can **stifle** our creativity and productivity. Ironically, this means that **striving** to be more efficient can result in a reduction in our productivity.

But what can we do to avoid the evils of burnout? Well, there are some tips that may help you. Psychologist Albert Bandura's idea of **self-efficacy** – which is the theory that you should believe in your ability to complete a task at hand - may assist you. A feeling that the task is **achievable** and that you are **capable** of succeeding means that a difficult task might be less **gruelling**.

Finding ways to express your creative side may help. Not everyone has creative aspects to their jobs, and, therefore, they need to find other **outlets**. They could paint, write or take part in local theatre. All of this may help to detach them from the overwhelming stress that may exist in their working life.

Looking after yourself and your surroundings can also be **beneficial**. The consequence is that you are surrounded by a cleaner and more positive environment. This, in turn, leads to another tip, which is to have healthy and positive thoughts. Being negative can be incredibly **draining**. Having a **positive mental attitude** towards everything you do means that you may feel more capable as well.

Burnout is a common condition associated with the pressures of the modern world. It's not just a physical condition; it has psychological effects that can impact heavily on your work and life in general. Taking steps to avoid burning out can benefit not just us, but our bosses and families.

词汇表

stress	压力
overwhelming	难以承受的
unprecedented	空前的
dreaded	令人畏惧的，可怕的，
prolonged	长期的，持续很久的
cynicism	愤世嫉俗，冷嘲热讽
depression	抑郁，惆怅
lethargy	无精打采
sense of self	自我感知
stifle	扼杀
strive	奋斗，努力
self-efficacy	自我效能
achievable	（工作或任务）可完成的
capable	有能力的
gruelling	折磨人的，使人精疲力尽的
outlet	施展的机会
beneficial	有益的
draining	使人心力交瘁的
positive mental attitude	积极心态

测验与练习

1. 阅读课文并回答问题。

1. What can lead to a conflict with the sense of self?
2. What are the common results of burnout?
3. What is 'self efficacy'?
4. What is the potential benefit of embracing your creativity?
5. Who can benefit from avoiding burnout?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I feel a bit down at the moment. I think I'm _____.

depressed	depression	depress	depresses
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2. I'm so tired – I feel _____.

lethargically	sense of self	lethargic	burnout
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3. The air in here is _____.

stifle	stifles	stifling	stiff
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4. This doesn't _____ anyone!

benefitted	benefits	benefits	benefit
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5. Just don't _____ the agony any more.

prolonging	prolongs	prolong	prolonged
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答案

1. 阅读课文并回答问题。

1. What can lead to a conflict with the sense of self?

A feeling of loss of control in a work scenario.

2. What are the common results of burnout?

Feelings of cynicism, depression and lethargy.

3. What is 'self efficacy'?

The ability to complete a task at hand.

4. What is the potential benefit of embracing your creativity?

It can detach you from the overwhelming stress of work.

5. Who can benefit from avoiding burnout?

You and your boss.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I feel a bit down at the moment. I think I'm **depressed**.

2. I'm so tired – I feel **lethargic**.

3. The air in here is **stifling**.

4. This doesn't **benefit** anyone!

5. Just don't **prolong** the agony any more.