



## IELTS READING/Writing LESSON 7-8-2019

## Section One Vocabulary

**Direction:** Provide a synonym and a definition to each word (column A). Then use this word in a sample sentence.

A	B
VOCABULARY	DEFINITION
1. <b>Juggle</b> (Verb)	<b>A.</b> the possibility or likelihood of some future event occurring. / chances or opportunities for success or wealth.
2. <b>Resilient</b> (Adj)	<b>B.</b> (of something regarded as unpleasant) continuing without pause or interruption.
3. <b>Completion</b> (Noun)	<b>C.</b> An excess of expenditure or liabilities over income or assets in a given period.
4. <b>Deficit</b> (Noun)	<b>D.</b> (of a person or animal) able to withstand or recover quickly from difficult conditions.,
5. <b>Prospect</b> (Noun)	<b>E.</b> weakened or damaged.
6. <b>Incessant</b> (Noun)	<b>F.</b> The action or process of completing or finishing something.
7. <b>Imperative</b> (Adj)	<b>G.</b> Cope with by adroitly balancing (several activities).
8. <b>Impaired</b> (adj)	<b>H.</b> of vital importance; crucial.

## Section Two Reading

## ARTICLE A Workaholism

Source

- The term generally implies that the person enjoys their work; it can also imply that they simply feel compelled to do it. There is no generally accepted medical definition of such a condition, although some forms of stress, impulse control disorder, obsessive-compulsive personality disorder and obsessive-compulsive disorder can be work-related. Workaholism is not the same as working hard. Although the term workaholic usually has a negative connotation, it is sometimes used by people wishing to express their devotion to one's career in positive terms.
- The "work" in question is usually associated with a paying job, but it may also refer to independent pursuits such as sports, music and art. A workaholic in the negative sense is popularly characterized by a neglect of family and other social relations. Similarly, people considered to be workaholics tend to lose track of time -- voluntarily or involuntarily. For example, subjects might proclaim that they will spend a certain amount of time (e.g. 30 minutes) on their work, while those "30 minutes" ultimately become hours.
- Experts say the incessant work-related activity masks anxiety, low self-esteem, and intimacy problems. And as with addictions to alcohol, drugs or gambling, workaholics' denial and destructive behavior will persist despite feedback from loved ones or danger signs such as deteriorating relationships.
- Poor health is another warning sign. Because there's less of a social stigma attached to workaholism than to other addictions, health symptoms can easily go undiagnosed or unrecognized, say researchers. Clinical researcher Professor Bryan Robinson identifies two axes for workaholics: work initiation and work completion. He associates the behavior of procrastination with both "Savoring Workaholics" (those with low work initiation/low work completion) and "Attention-Deficit Workaholics" (those with high work initiation and low work completion), in contrast to "Bulimic" and "Relentless" workaholics -- both of whom have high work completion.
- Workaholism in Japan is considered a serious social problem leading to early death, often on the job, a phenomenon dubbed *karōshi*. Overwork was popularly blamed for the fatal stroke of Prime Minister of Japan Keizō Obuchi, in the year 2000. In the U.S. and Canada, workaholism remains what it's always been: the so-called "respectable addiction" that's dangerous as any other. "Workaholism is an addiction, an obsessive-compulsive disorder, and it's not the same as working hard.
- Workaholic's obsession with work is all-occupying, which prevents workaholics from maintaining healthy relationships, outside interests, or even take measures to protect their health. Workaholics feel the urge of being busy all the time, to the point that they often perform tasks that aren't required or necessary for project completion. As a result, they tend to be inefficient workers, since they focus on being busy, instead of focusing on being productive.



7. In addition, workaholics tend to be less effective than other workers because they have difficulty working as part of a team, trouble delegating or entrusting co-workers, or organizational problems due to taking on too much work at once. Furthermore, workaholics often suffer sleep deprivation which results in impaired brain and cognitive function. As with other psychological addictions, workaholics often cannot see that they have a problem. Confronting the workaholic will generally be met with denial. Co-workers, family members and friends may need to engage in some type of an intervention to communicate the effects of the workaholic's behavior on them. Indeed, mental treatment to cure a workaholic can successfully reduce the hours spent on the job, while increasing the person's productivity. Studies show that fully recovered former workaholics can accomplish in 50 hours what they previously couldn't do in 80.



## ARTICLE B: 6 Health Benefits Of Taking Time Off From Work

[Source](#)

1. It's unfortunate that we can't vacation whenever we want. If everyone got days off from work each time they sighed and said "ugh, I need a vacation," then the entire world's economy would come to a screeching halt. But we can benefit from the occasional day off from work.

Think about it — when was the last time you took a mental health day? According to an article on CNBC.com, U.S. workers are using only 77 percent of their paid time off, and the use of vacation days is at its lowest point in the past four decades. So I'll venture to guess that you probably haven't had some "me time" in a long time.

This following article presents the health benefits of taking time off work.

### 2. You'll Reset Yourself Mentally

Nothing can lead to an anxiety attack faster than working a million days all in a row. So taking even one day off can help reset yourself mentally, and make it easier to have a clear head once back at work. According to Minda Zetlin on INC.com, "A growing body of scientific evidence explains what many of us have learned from unpleasant experience: Push yourself through too many hours or days of work and your brain starts to push back. Ideas that once flowed easily dry up, and tasks that you should be able to perform quickly become excruciatingly difficult ... you need to give your brain, and yourself, some rest." Amen to that.



### 3. You'll Feel Way More Productive When You Return

You know the refreshed feeling you get when you take a few minutes away from your desk? Well imagine what a whole day, or week, could do for your productivity. In fact, it works like such a charm that more companies are starting to realize the importance of time off — especially time off to pursue your own creative pursuits. As Timi Gustafson, R.D., noted on the Huffington Post, "Forward-thinking companies like Google are well known for their efforts to enhance creativity by giving employees time off to pursue ideas of their own, regardless the outcome. Some of their most successful innovations have come out of that policy." So basically, take time off, and invent the Android phone? Right?

### 4. You'll Gain A Better Work/Life Balance

Work-life balance is the lack of opposition between work and other life roles. It is the state of equilibrium in which demands of personal life, professional life, and family life are equal. Work-life balance consists of, but it is not limited to, flexible work arrangements that allow employees to carry out other life programs and practices.

The key to avoid burning out is to let go of perfectionism, says Puder-York. "As life gets more expanded it's very hard, both neurologically and psychologically, to keep that habit of perfection going," she says, adding that the healthier option is to strive not for perfection, but for excellence.

### 5. You'll Realize You Need To Stop Taking Work Home

From telecommuting to programs that make work easier, technology has helped our lives in many ways. But it has also created expectations of constant accessibility. The work day never seems to end. "There are times when you should just shut your phone off and enjoy the moment," says Robert Brooks, a professor of psychology at Harvard Medical School. Make quality time true quality time. By not reacting to the updates from work, you will be developing a stronger habit of resilience. "Resilient people feel a greater sense of control over their lives," says Brooks, while reactive people have less control and are more prone to stress.

6. People are finding it more difficult than ever to leave work at work. After all, you get emails all day on your phone, so it seems normal to continue the day even after you've left the office. As Jen Uscher notes on WebMD.com, "If you're finding it more challenging than ever to juggle the demands of your job and the rest of your life, you're not alone. Many people are putting in extra hours, or using their smartphones to be on call when they're not physically at work." Take a day off and break yourself of this habit. Once you get a taste of sweet, sweet freedom, you'll want to help preserve the benefits of your time off.



## 7. You'll Rekindle Your Relationships

Are you the type to push off dates with your significant other, or a girls' night with friends in favor of time at the office? If this is the case, you need a reality check. While work is incredibly important, and it's wonderful to focus on your career, it's also imperative to your mental health to work on your relationships. Allow yourself to take the occasional Friday off to spend on the couch with your partner, or take a week to hit up Cancun (or wherever) with friends. You'll be glad you did.

## 8. You'll Reset Your Focus

Are you even happy at work, or do you just trudge there out of pure habit? Having some alone time can help you refocus your goals, and gain perspective. You may find that a day off gets your gears turning, and sends you in a completely opposite career direction. Or, at the very least, it may inspire you to make changes at your current job so it better fits your desires. It's worth a try!

Taking time off from work may sound like a totally impossible prospect, but it's not! You deserve a break, and probably have some vacation days racking up. So cash them in, and give yourself some much needed time off.

Puder-York recommends dedicating a few chunks of time each week to self-care, whether it's exercise, yoga or meditation. And if you're really pressed for time, start small with deep breathing exercises during your commute, a quick five-minute meditation session morning and night, or replacing drinking alcohol with a healthier form of stress reduction. "When I talk about balance, not everything has to be the completion and achievement of a task, it also has to include self-care so that your body, mind and soul are being refreshed," says Puder-York.