BritMates

Think & Talk

시사토론

06 Lifestyle & Self-Care

ISSUES NOW IN THE NEWS
Reading, Discussion and Critical Thinking

Contents

BritMates

1. Work-Life Balance

Are we working to live or living to work?

◆ **Topic Overview**

In today's fast-paced world, many people struggle to balance their job and personal life. Long hours, remote work, and always being "connected" blur the line between work and rest.

Some believe productivity is everything, while others are pushing for shorter workweeks and more flexible hours.

Can we truly achieve balance, or is the idea of "work-life harmony" just a modern myth?

◆ **Key Vocabulary**

Burnout

Definition: A state of emotional, physical, and mental exhaustion caused by excessive stress or overwork.
Example Sentence: "After months of overtime, she started showing signs of burnout."

Flexible schedule

Definition: A work arrangement that allows you to choose or adjust your working hours.
Example Sentence: "Having a flexible schedule lets me spend more time with my family."

Think & Talk

◆ Discussion Questions

① What does "work-life balance" mean to you personally?

② Do you think your country values work more than rest?

③ How has remote work affected people's balance between work and life?

④ What changes would help improve your own work-life balance?

◆ Idioms & Phrases

✓ "work around the clock" – To work all day and night without stopping; to work very hard for long hours.

Example: "The team worked around the clock to finish the project before the deadline."
(그 팀은 마감 전에 프로젝트를 끝내기 위해 밤낮 없이 일 했어.)

✓ "take a breather" – To take a short break to rest or relax.

Example: "You've been studying for hours – maybe it's time to take a breather."
(너 몇 시 간째 공부하고 있잖아 – 이제 잠깐 쉬는 게 좋을 것 같아)

◆ Mini Debate

Statement: Companies should offer shorter workweeks to promote work-life balance."

Do you agree or disagree? Prepare arguments and counterpoints.