

**“The nightmare of work” @ <http://www.youtube.com/ESL4free>**

1  %+ of workers have nightmares about jobs.

> arguing with boss; late for meetings; do a <sup>2</sup>  according to Learndirect survey.

57% - suffer nightmares; of which 51% blame stress; 41% couldn't "switch off"; others in a rut or worried.

25%+ - nightmares on Sunday night

3  %+ - " during busy work time

25% - " once a week

NB: Work anxiety can often be solved by developing <sup>4</sup>

Other problems: gossiping, bullying, assault

Main reason for problems is job insecurity according to survey of 372

5

**DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING**

**Bullying:** hurting or frightening someone who is smaller or less powerful than you

**Dread:** fear

**Feelings of inadequacy:** feelings that you are not good enough

**Gossiping:** enjoying talking about other people and their private lives

**Manifests:** shows

**Mounting:** increasing

**Nightmares:** frightening dreams

**Stress:** great worry (caused by a difficult situation)

**Stuck in a rut:** unable to get out of a boring routine

**Subconscious:** the mind which is not actively trying to remember something

**Surfaced:** became known to the public

**Transpires:** happens

**Unbearable:** unable to put up with something

**Vulnerable:** able to be easily hurt