

Viral English: Quiet Quitting — Still at Work, Doing Less?

English learning resource · EN

Full episode script · English

45 lines

Study task: Listen again and notice the expressions you studied.

Julia, this headline says people are quiet quitting.

Are they leaving their jobs without telling anyone?

Usually, that is not what the expression means.

The surprising part is that the person still works there.

Welcome to Viral English, from Your English Toolbox.

I am Martin, and Julia is here to help decode a workplace label.

Quiet quitting usually describes doing the required work without taking on extra tasks or investing much additional enthusiasm.

It does not normally mean formally resigning.

So someone can be quiet quitting and still turn up at the same desk every morning.

Yes, but be careful with the label.

Different speakers use it to make different points.

Some use it critically to suggest that someone has stopped caring about work.

Others use it when discussing limits on unpaid extra effort.

Those are not automatically the same situation.

Simply leaving at the agreed time does not prove what someone feels about their job.

Exactly, and we should not guess a person's motivation from one action.

The expression became prominent in workplace debate in twenty twenty-two.

Gallup discussed it that September and used it again in an article about India in May twenty twenty-six.

That shows continued use, not that the behaviour began in either year.

Our examples today are invented for language practice, not reports about a real employee.

Our second expression is go the extra mile.

It means make more effort than is normally expected in order to help or achieve something.



For example, a colleague stays to explain a difficult process to a new team member.

You might say: she really went the extra mile to help me settle in.

The phrase is often praise, but context still matters.

It does not tell us whether the extra effort was paid, required or freely chosen.

Our third expression is set boundaries.

That means make clear limits about what you can or will accept.

For example: I set boundaries around work messages during my time off.

That sentence describes a limit, not automatically a lack of commitment.

Someone can care about their work and set boundaries at the same time.

Let us try an interpretation challenge.

Imagine this headline: workers are quiet quitting, but they are not handing in their notice.

Are they formally leaving their jobs?

No, the headline describes a change in their involvement or extra effort.

Now, a colleague helps you practise a presentation even though it is not part of their task.

Which expression could praise that help?

They went the extra mile.

Finally, someone clearly explains when they are available for non-urgent messages.

They are setting boundaries.

Before accepting a label, ask what specific behaviour the speaker is describing.

And remember: this episode explains English, not employment rules or advice for a particular job.

Our episode page compares the three expressions with neutral examples and a practice activity.

Follow the link in the description.

Understand the language, check the context, and keep your English growing.

