

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

English learning resource · ES

Key words & expressions · English + Spanish

3 learning entries

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

1

quiet quitting

renuncia silenciosa

DEF

A workplace label for doing the required work while reducing extra tasks or additional effort and enthusiasm.

It normally does not mean resigning; speakers may use the label critically or when discussing limits, so check the behaviour and context.

ES

Etiqueta laboral para cumplir lo exigido reduciendo las tareas extra, el esfuerzo o el entusiasmo adicionales.

Normalmente no significa dimitir; puede usarse de forma crítica o al hablar de límites, así que comprueba la conducta y el contexto.

The article discussed quiet quitting among employees who remained in their jobs.

The article discussed quiet quitting among employees who remained in their jobs. → El artículo trataba la renuncia silenciosa entre empleados que seguían en sus puestos.

Before calling it quiet quitting, ask what the employee actually changed.

Before calling it quiet quitting, ask what the employee actually changed. → Antes de llamarlo renuncia silenciosa, pregunta qué cambió realmente el empleado.

2

go the extra mile

hacer un esfuerzo extra

DEF

To make more effort than normally expected to help or achieve something.

Usually praise; the phrase does not tell you whether the extra effort was paid, required or freely chosen.

ES

Esforzarse más de lo normalmente esperado para ayudar o conseguir algo.

Suele ser un elogio; no indica si el esfuerzo extra fue remunerado, exigido o libremente elegido.

She went the extra mile to help a new colleague settle in.

She went the extra mile to help a new colleague settle in. → Hizo un esfuerzo extra para ayudar a un compañero nuevo a adaptarse.

The volunteers went the extra mile to make visitors feel welcome.

The volunteers went the extra mile to make visitors feel welcome. → Los voluntarios hicieron un esfuerzo extra para que los visitantes se sintieran bienvenidos.



3

set boundaries*poner límites***DEF**

To establish clear limits on what you can or will accept.

Common with around or with; setting a limit does not by itself mean a lack of care or commitment.

ES

Establecer límites claros sobre lo que puedes o estás dispuesto a aceptar.

Suele construirse con around o with; poner un límite no implica por sí solo desinterés ni falta de compromiso.

I set boundaries around work messages during my time off.

I set boundaries around work messages during my time off. → Pongo límites a los mensajes del trabajo durante mi tiempo libre.

They set clear boundaries with visitors about when they could come.

They set clear boundaries with visitors about when they could come. → Establecieron límites claros con las visitas sobre cuándo podían venir.

