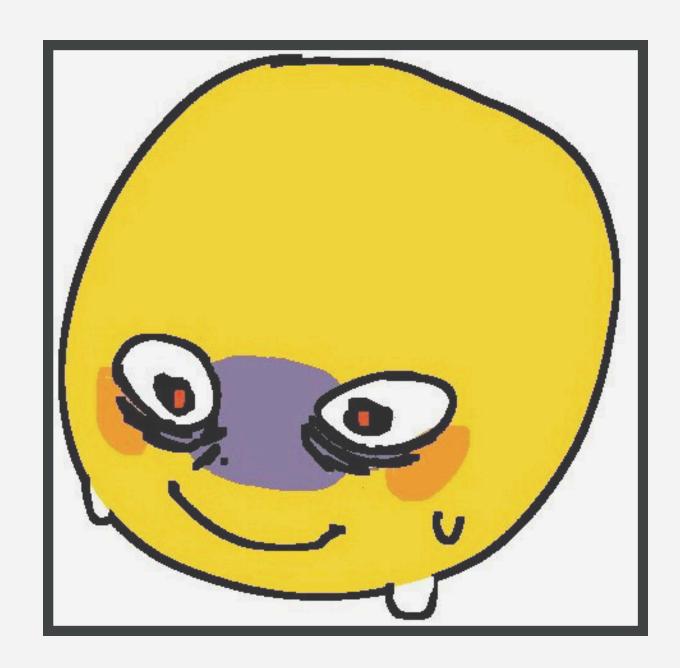


## Manifesto

Chava Neumann 22.10. 2024

## But why?



Me whenever I get homework

#### What is the point?

- Self-reflection
- Setting rules for yourself
- Making a point and sharing ideas

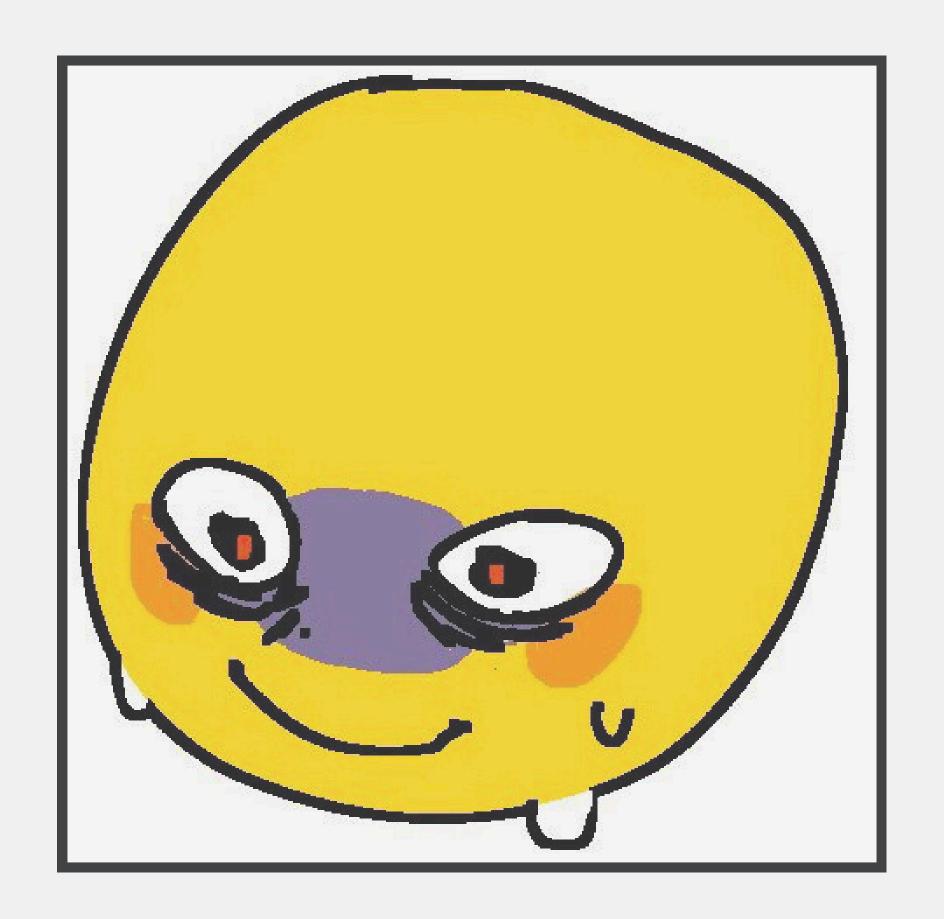
**DESIGN** with purpose

**DESIGN** as a solution

**DESIGN** your worth

**DESIGN** to improve

**DESIGN** for yourself



## Why? Well...

### Burnout

#### What is burnout?

Dangerous and scary
Losing empathy towards life itself
More and more common by the day

#### Why is burnout?

Work follows us anywhere...
"I have to do this."
"Work hard and you will obtain a better life."

#### How to prevent burnout?

I have no idea.



#### Now seriously...

Ironically - put effort

Setting boundaries

Prioritizing

Make habits

Self-care - basic needs, decompress, life outside of work, self compassion

Find your joy and maintain it.

You cannot control everything.

# Thank you for listening to my TED talk :)