



The talk about...

Manifesto

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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
:)