

Long-term effects

Stress from working too much.

Karina Chang

Getting affects on mental health.

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Working too much that it is hard to relax.

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Only thinking about work and what needs to be done.

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Difficulties

Getting used to choosing work over life.

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Trying to put other things before work that it feels weird to them.

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Bad habit that they can't get out of.

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Fear that they will lose job.

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Public opinion

Social media influence.

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Influence of what is seen on the news channels.

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Influence of people around

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The public opinion being more influenced on one side than the other.

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Leadership

Having a boss that encourages the prioritization of work.

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Not encouraging employees to take time off.

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Telling employees things that make them prioritize work.

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Leadership that believes their work is more important than their personal lives, that it influences their employees.

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Essentials

Money to buy essentials.

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Because company is short staffed employees feel compelled to work more.

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Some might choose to work more so that they can also make more money.

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Some enjoy working more than having time to themselves.

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