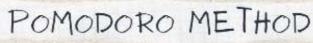
SURVIVING THE IT BURNOUT – STRATEGIES FOR WORK-LIFE BALANCE IN TECH

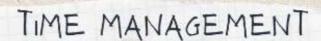


SET CLEAR BOUNDARIES

Establish clear work hours to separatepersonal time from professional responsibilities. No to additional commitment that can overwhelm



focused work in short intervals, typically 25 minutes, followed by short breaks, usually 5 minutes. After four "pomodoros," a longer break of 15-30 minutes is taken. This technique aims to improve focus, reduce procrastination, and prevent burnout



Involve strategies and tools to help individuals better plan, prioritize, and organize their tasks to achieve goals efficiently and effectively



MENTAL HEALTH AWARENESS

Prioritize your mental health, take a break, enjoy your hobbies and do something fun! to avoid burnout from your work stress.

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