

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

SET CLEAR BOUNDARIES

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

POMODORO METHOD

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

TIME MANAGEMENT

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.

GROUP 4 MEMBERS

LEAVINISH A/L BALASUBRAMANIAM

NOR IZA FARHANA

LUQMAN HAKIM B ROSLAN

LOUIS PAUL A/L KUALIANTASAMI

SUNDDRA PAANDIAN A/L SINNASAMY