Work life balance

- Interactive tech   · give flexibility for work (location)
  (Mobile device)   · fit the time.
       benefits
          · Reduce shifting between life, work.

- Drawbacks. work intrude life

⇒ Need boundaries

  people varies
  seperate ⟵⟶ integrate

In control

Low control   e.g stressful about
·Ability to find boundaries   Not able to seperate.
·How happy they are about their current situ.

Tactics people used to manage boundaries
  · Seperate work place and living place
  · Different tech device for work and life
              ⟋ ring tone..