

**BURNOUT IS REAL. TAKE CARE OF YOUR HEALTH WHILE BUILDING IT
CAREER**

Surviving IT Burnout

Burnout is a state of emotional, physical and mental exhaustion caused by prolonged stress. Feeling tired most of time. Focusing become really difficult, feeling stressed physically.



1

Set boundaries

separate personal time from professional responsibility

2

Find your own pace

recognize & understand your strength & weakness

3

Building support network

company level solutions

4

Exploring hobbies

5

Personel wellness & lifestyle balance

Pomodoro technique can help focus

6

Sufficient sleep & digital detox

A few smart habits can make a big difference in keeping work and life in check while staying happy and productive