

Your attitude to overtimes?

Advantages of overtime

1. It is OK for Me working for a Short-time if necessary
2. More money
3. positiv for company, better productivity
4. If you new and learn new things for work + colleagues

Disadvantages of overtime

1. Bad for me ! I Can Burn Out

For me, major cause of burnout is bad feelings of exhaustion but also reduced motivation in the work.

- a) dangerous for my health
 - b) the best ideas and most creative solutions come to me when I have well rested
 - c) the brain loses its momentum and starts slowing down For ex. If I have worked 8-hour a day. I need a rest also a little pause.
2. My performance would be not at peak levels. I would do more mistakes. For ex. if it physical work , I can get injured.
 3. My personal Relationships can with my husband, family, friends suffer. Because I can't spend a much time for my family.

RESULT → working overtime not for me

→ exception if necessary . Special case at the enterprise

→ for my best performance , I need to rest