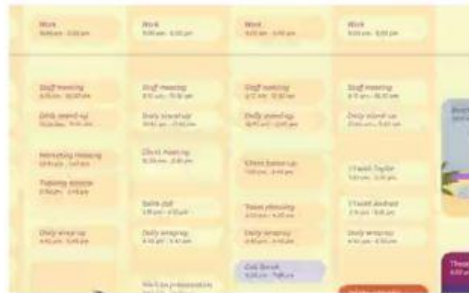


3 RULES FOR BETTER WORK-LIFE BALANCE

Watch the video, associate screenshots from the video with the corresponding ideas



remembered fewer details a week later

check phones as little as possible

I'm out of the office

small interruptions

visit a local café

lower levels of stress and burnout

tremendous loss

Set team goals for personal time

more time interacting with colleagues

