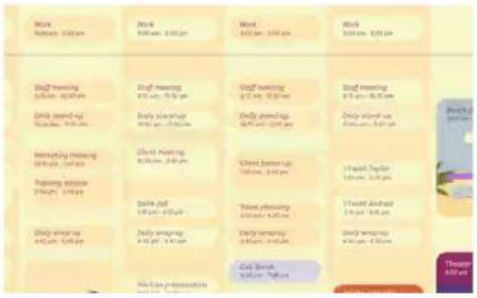
TED TALKS

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

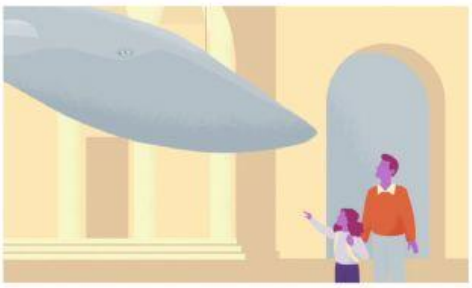


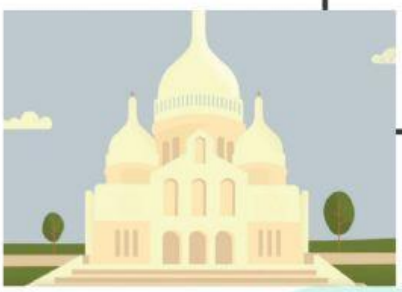
tremendous loss

Set team goals for personal time

more time interacting with colleagues







LIVEWORKSHEETS