

Healthy Habits

VS

Unhealthy Habits



Regular exercise and physical activity

Overworking and neglecting self-care



Eating a balanced diet

Eating unhealthy foods and/or skipping meals



Maintaining a consistent sleep schedule

Working late into the night



Setting clear work-life boundaries

Failing to establish clear work-life boundaries



Taking breaks throughout the workday

Skipping breaks or lunch to work through the day



Continuously learning and seeking development opportunities

Not investing in development opportunities



Regularly unplugging from technology

Constantly checking/responding to emails/notifications



Practicing stress-reducing activities

Neglecting social interactions with friends and family



Stress Management Comparison Worth It

Yan Bai



Stress Management Comparison Worth It:

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