Établir des horaires de travail clairs et des limites de temps pour la communication

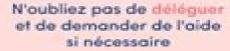
Apprenez à dire "non" avec assurance et entraînez-vous à le faire

Prévoyez des jours de vacances ou de congé Planifiez votre emplei du temps à l'avance

Maintenez une bonne communication avec votre employeur Comment parvenir à un équilibre entre vie professionnelle et vie privée ?

Essayez de vous détacher du travail à la fin de la journée

Fixez des limites aux réunions : heures, durée, etc



Si vous travaillez à domicile, séparez votre espace de travail de votre espace de pause



ifeel HUMANISING

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