Time Management: Balancing Work, Life, and Health

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(he/him/his)

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Today's Questions

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Who are you?

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Reflect

FI FIFN KIFF

III IIINY

I FIFN III
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I F KI FF L IN
I I I F FL N FF bK
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The importance of self-care

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Reflect

I FF I N

I F I

F F physical health
sleep, food, water, exercise, hygiene
I F L I mental health
R FF FN I F I
anxiety, fatigue, lack of purpose, detachment, cynicism
K
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Know how you spend your time

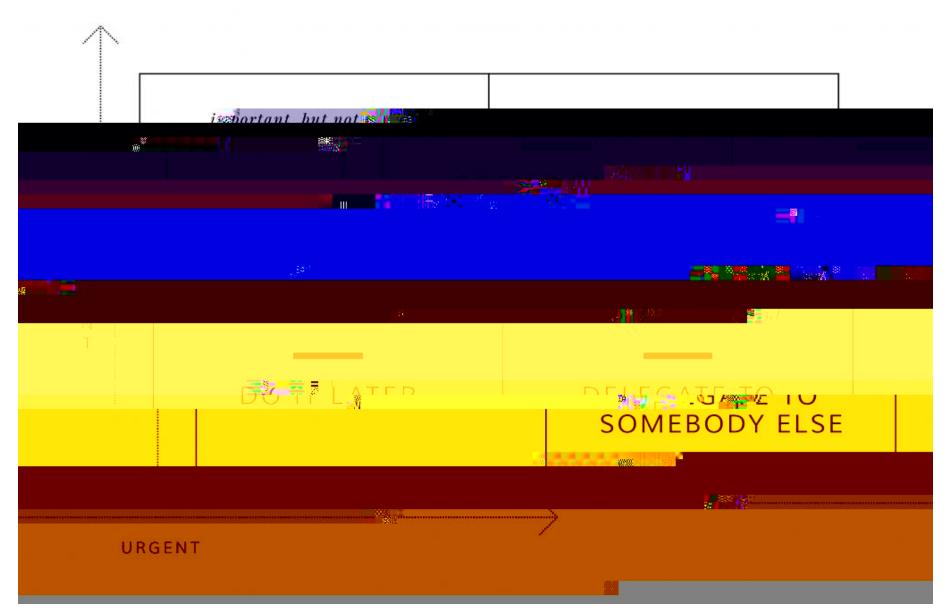
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N F N I FIL
FF FF
             M
  F
       tasksI IN
   I Ntasks I I F
          A I R activities
       Ν
    I N
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Procrastination

IF FI
Reflect
L N N FI

Procrastination

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R I Nsix types of procrastination
       H
                               la
                     F
                          I F
                                    I Fa
         L NF
FF
                                     H
                                              Ιa
Κ
              KF
                             а
  K
                Ħ
      IF IF
        NA I
                        la
 Ν
         Ν
N \perp
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II F bd_LLYF FY b FIFb F L I M

Finding your own rhythm

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Reflect
    N L
           H
     IFI IL FIN F
           FN II I VS. I I FN
  M
         I IN
       Ν
               LI
            vs. L
                     IK N
          vs. L
         AF I VS. L
                 N N F F
         l VS.
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II L I F