



# Why Being 'Always On' for Work is Damaging to Your Mental Health

Today, we'll explore the science behind this phenomenon, its impact on our well-being, and practical strategies to reclaim balance and harmony.

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# Introduction: The Rise of 24/7 Work Culture

The rise of technology and the always-connected world has blurred the lines between work and personal life.

This "always on" mentality, where we are constantly accessible and responding to work demands, has become increasingly prevalent.

The need or pressure to increase our work performance have also been influenced by socioeconomic factors. As cost of living increases, so does the need to be able to afford that life, which can translate to competition.

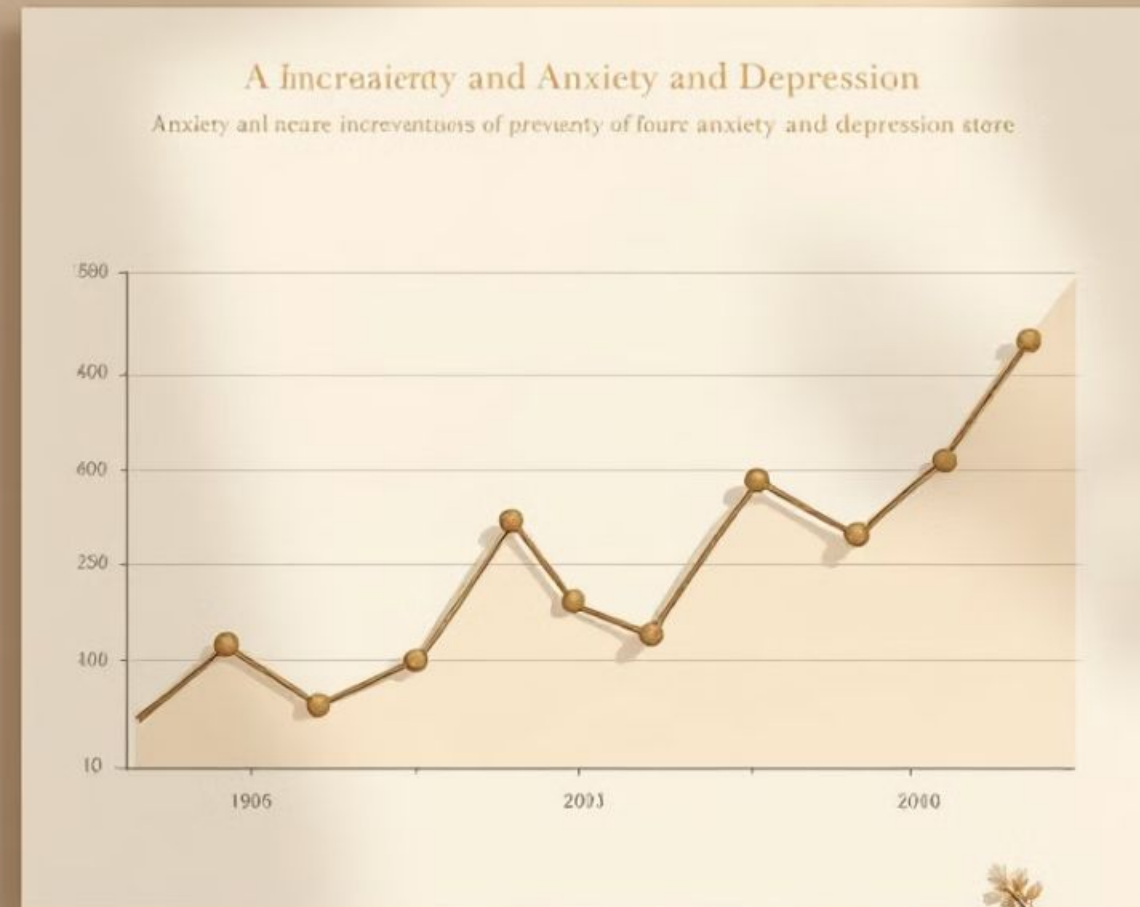
There may be other beliefs or fears that are motivating a our drive to overproduce and overperform.

# Data on Increased Risk of Anxiety and Depression

**1** Studies show a direct correlation between work-life imbalance and mental health issues.

**2** The constant pressure of work can lead to increased anxiety, stress, and even depression.

**3** This is particularly true for individuals in high-demand occupations or with highly demanding work environments.





# The Science Behind Burnout: Physiological and Psychological Effects

1

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress.

2

It can manifest as fatigue, difficulty concentrating, irritability, and a sense of detachment.

3

Chronic stress can also lead to physical health problems such as sleep disturbances, digestive issues, and weakened immunity.



# Personal Story: If we don't say 'no' our bodies will say them for us.

My physical and mental health crashed and all my roles were taken away.

My overfunctioning was driven by beliefs that my worth was connected to what I could contribute.

Re-alignment with my values, prioritization, and an honest look at my capacity has decreased unexpected interruptions and increased satisfaction.



# Common Work Habits That Contribute to Burnout

Always being available, even outside of work hours, contributes to burnout.

Constantly checking emails and notifications can lead to a feeling of being constantly on call.

Working through lunch breaks or taking minimal time to rest can contribute to exhaustion and overwhelm.



# The Importance of Work-Life Boundaries and Balance



## Rest is a Requirement:

Setting clear boundaries between work and rest is crucial for sustainability.



## Adjust Your

## Accessibility:

Finding a balance between work and personal life is essential for preventing burnout.



## A Life Worth Working

## For:

Prioritizing activities that align with your values and give your life meaning is key to maintaining mental health.





# Practical Tips for Combating Overwhelm

1

Reassess your plate. Review your values, roles, and capacity. Limit your “yeses” and say no to what does not align with your load.

2

Prioritize tasks and focus on completing one thing at a time. Aggressively release and delegate.

3

Communicate your boundaries to colleagues and clients, setting clear expectations about your availability. Consider timed emails, messages in your signature.

4

Establish a regular routine that includes time for work, personal activities, and relaxation.





# Strategies for Implementing Healthy Boundaries





# Conclusion: Reclaiming Your Well-being and Work-Life Harmony

By implementing these strategies and prioritizing your well-being, you can create a more balanced and sustainable work-life harmony.

Remember, your mental health is your most valuable asset, and it's worth investing in.