

# Why can overwork can adversely affect your career?

There is a reason why the recommended staff should work only about 40 hours per week and why they are paid on holidays (although the number of weeks in each country is different). Let's take a look at the 6 reasons why the more work you do, the more badly affects your career:

You think that working really, really much will definitely go far in the path of publicity? If you put in a lot of effort, at the end of the road will you be recognized right? In fact, this is a little different. There is a reason why the recommended staff should work only about 40 hours per week and why they are paid on holidays ( *although the number of weeks in each country is different* ). Let's take a look at the 6 reasons why the more work you do, the more badly affects your career:

## 1. Excessive work will erode health



If you work too hard and spend too much time on your work, you won't have the time and excess energy to take care of yourself. Therefore, you do not spend time exercising, energizing your body or getting enough sleep every day. Even ignoring healthy eating processes can make your body quickly sick and sick. Moreover, spending too much time working will make you feel energized and stressed. Again, severe stress can cause some diseases. In the long run, no one can follow a crazy work schedule all day long. Sooner or later you will get sick - and working until you fall apart is not the way to impress anyone at work.

## 2. Working too much will affect creativity



You need a break between work to improve your work and focus. If your schedule is too stressful that you don't have time for any personal interests, your imagination will soon dry up. In his book "*Art of Thought*", Graham Wallace analyzes the creative process of famous scientists. Graham Wallace realized that an important step in the process of "*hatching*" - the time when ideas came to one's mind was like preparing to "*jump into a mixed pot*" with such thoughts. . If you keep working without time for this "*incubation*" period, you won't be able to think of any new ideas.

### **3. Working too much shows you are a "*not smart*" worker**



Working much is the story of the decade of the year 1908. The key to today's success is making smart choices in the path of publicity as well as completing the tasks you are assigned, from which to be Can further beautify your profile. Being a slave in working time shows that you don't know how to work smart. Smart work means knowing the tasks you do well, and then giving it to others. Besides, working smarter means "*self*-energizing" yourself with creativity and motivation, instead of letting yourself be drained of energy by repetitive repetitive

tasks. day. Above all, working smart is to consider yourself and optimize the work process, so that you can benefit from optimal work. By working smart, you can prove your leadership.

#### **4. Working too much shows you don't know how to delegate to others**



If you are working in a group or have a support staff but you still have to work over 80 hours per week, while your employees are waiting for hours to go home, you are having problems trusting people. that member. So, you need to learn how to delegate your work to your colleagues. If everyone in your company is working more than 60 hours per week and always feeling stressed out, then you need to convince your boss about needing more people to do. We all have our own limits. [Are you a good commander or a diligent employee?]

#### **5. Working too much shows you can't afford to prioritize**



Don't waste your time by running small jobs that don't help you advance at work. For example, spend too much time answering emails. Try to take the time to answer all your emails at a time of the day, at a certain time - you can decide for yourself whether you should reply to the email right away, or maybe soon. Set the time to reply back to them. Continuously changing jobs and answering emails in the middle of a free time will make you slow down and force you to spend more time working.

## 6. Working too much shows you are overwhelmed by work



If you need more than 80 hours / week to complete the task, this can send your boss a " *wrong signal* " - they may think you are overworked, that you can't solve it. Resolve duty within a limited time and this means that you are not ready to accept additional responsibilities. Think about how this will send your boss many false thoughts about you, while trying to prove that you are a highly dedicated employee.

Refer to some more articles:

1. 9 common reasons for delaying your work
2. 10 dangerous things will happen to your body if you sit all day
3. 5 reasons why you should invest in self-study

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