

Burnout Prevention

As a programmer, burnout is a real thing. It's easy to get lost in code for hours on end and forget to take breaks. This can lead to exhaustion and feeling like work is taking over your life. Keeping burnout at bay is all about setting boundaries and taking time for yourself.

One way to prevent burnout is by setting manageable goals. When you have a large project, break it down into smaller pieces and tackle one piece at a time. This makes it easier to see progress and keeps you from feeling overwhelmed.

Another way to avoid burnout is by taking breaks throughout the day. Make sure you take a lunch break away from your computer and go for a walk or do something else that's different from coding. Even taking a few minute break every hour can make a big difference.

Lastly, don't forget to disconnect from work when the day is done. Turn off your email notifications and resist the urge to check in on your projects after hours. It's important to have time to unwind and recharge for the next day.