

Class : 5C

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Topic : Overtime work

It has been observed that more and more of our colleagues tend to leave the office very late. I understand that they love their jobs, and they try to put all effort into their company work. Many of our beloved colleagues leave the office after 7:00 pm, and some of them leave around 8:00 p.m. or even 9:00 p.m. They may think they can finish the work faster, but actually, it is not the best way because it may affect their health.

Actually, overtime work may bring you a lot of pressure, more than you could ever imagine. Have you ever felt tired or suffered from a serious headache after overtime work? This is because your body, as well as your brain, cannot bear this mounting pressure and this hectic lifestyle. Thus, your mind and body may collapse. You will feel you cannot memorize things clearly, and also you might suddenly get a stroke, or suffer from a fatal heart. You should avoid these consequences before you work overtime.

Besides, overtime work is not as effective as you may expect. Working more than 8 hours, you will be unable to work any longer. You maintain a highly focused state while working, and very likely you cannot get some relaxation during working hours. As a result, you may feel incredibly exhausted and weary when you still work overtime. Due to this, your productivity drops.

If you have these kinds of problems, don't be afraid. Try our suggested solutions. First, I strongly suggest the idea of planning a timetable. A timetable can help you to manage your time wisely. You can divide your working time for different jobs and tasks. Following your working schedule, you will find that owning a working schedule is much more effective than before. You can finish your jobs one by one and no time is wasted. On the other side, this timetable can bring you some relaxing time. It is surely a win-win situation for your work and your health.