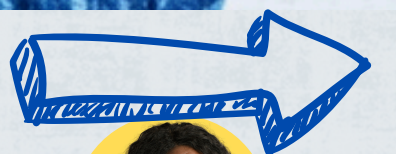


IF **WORK** FOLLOWS YOU HOME, DO THIS TO RECLAIM YOUR **PEACE OF MIND**



Fatou Seck Mathon

1

I spent 24 hours a day at work. For months.

I was playing with my daughters. Smiling. Nodding.

But I was completely absent.

Then one day, it clicked.

Work will still be there
the next morning.

But the moments I was
missing will never return.

If work keeps following
you home, here's what
worked for me:

3

End the workday on purpose

Before you finish, write down the first thing you'll do tomorrow.

This gives your mind a place to stop instead of running all night.

4

Stop replaying work moments

When something keeps looping, ask yourself: “Can I fix this right now?”

If the answer is no, bring your attention back to where you are.

5

Put your worries on paper

If a thought won't leave you alone, write it down.

Once it's on paper, your mind doesn't need to carry it.

Shrink work to its real size

When something feels big, ask yourself if it will matter in a year.

Most things don't, and that question creates space.

7

Protect one small daily moment

Choose a moment with no work talk and no planning.

That space reminds you that your life is bigger than your job.



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