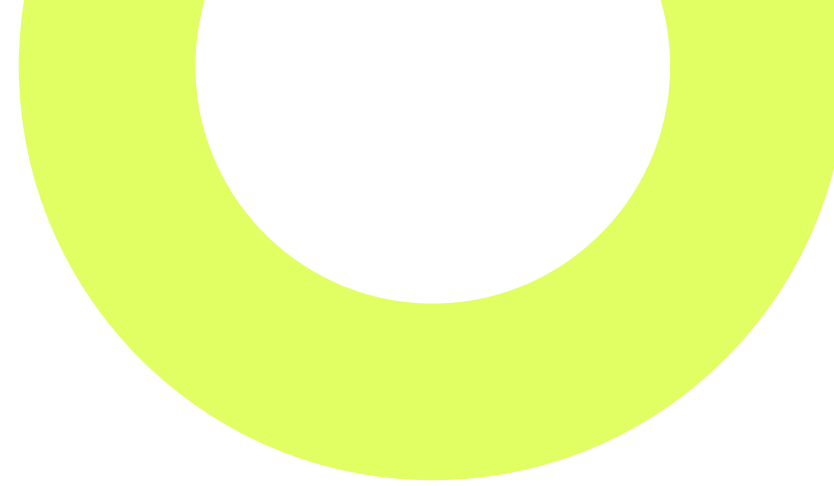




BLOOM TV

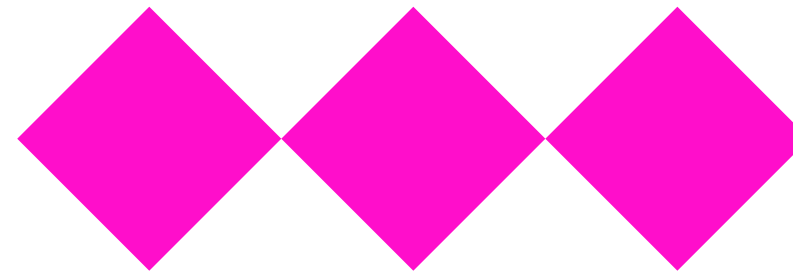


# QUIET QUITTING: AN UNHEALTHY WORK TREND

---

ANASTASIA TURCHETTA RDH

---



# QUIET QUITTING EXAMPLES



Saying no to extra tasks outside of your job description. No volunteering.

Logging off at 5 pm and leaving unfinished tasks until the following day, rather than working after-hours.

Don't arrive early.

Don't take phone calls from employer or client after hours.



# QUIET QUITTING HURTS YOU?



Quiet Quitting Passively Sets Boundaries.

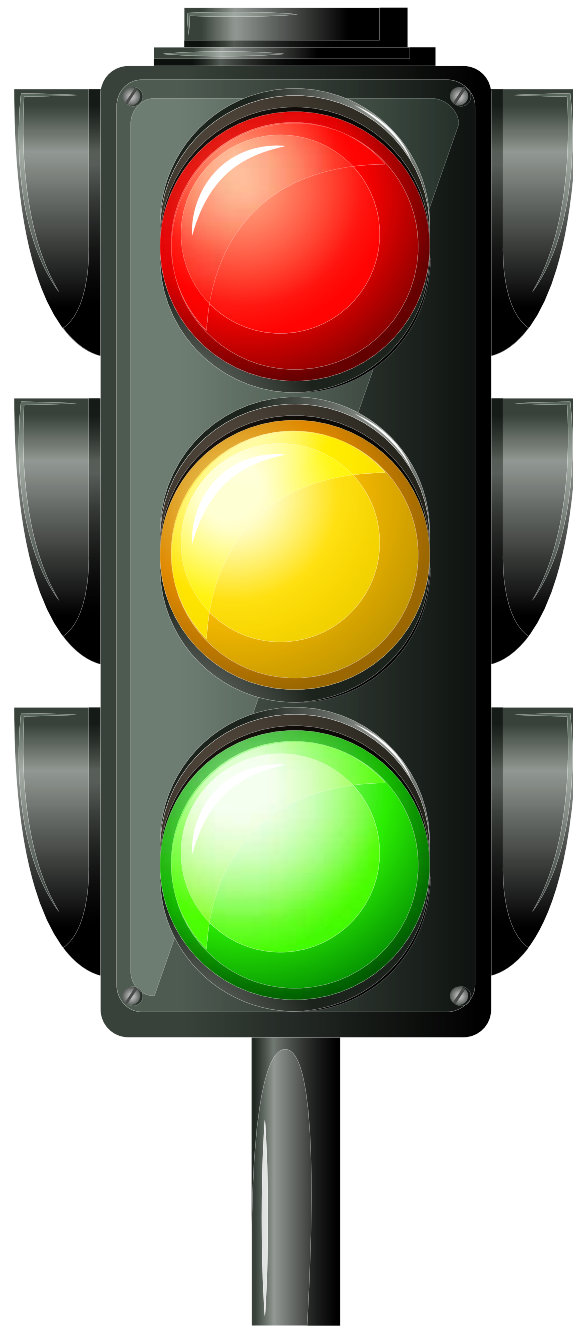
Dulls your professional & personal skill sets for growth, accountability, teamwork, problem solving, compassion and resilience.

It can promote disconnection from employees, get you demoted, or let go.

The latter may hurt you for future employment.



# BURN OUT SOLUTIONS

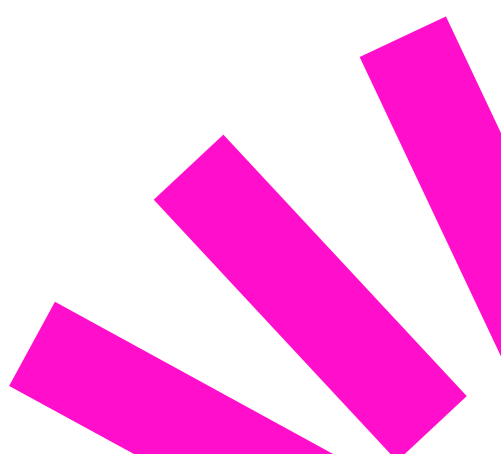


Red - Deal breaker, toxic or abusive work culture

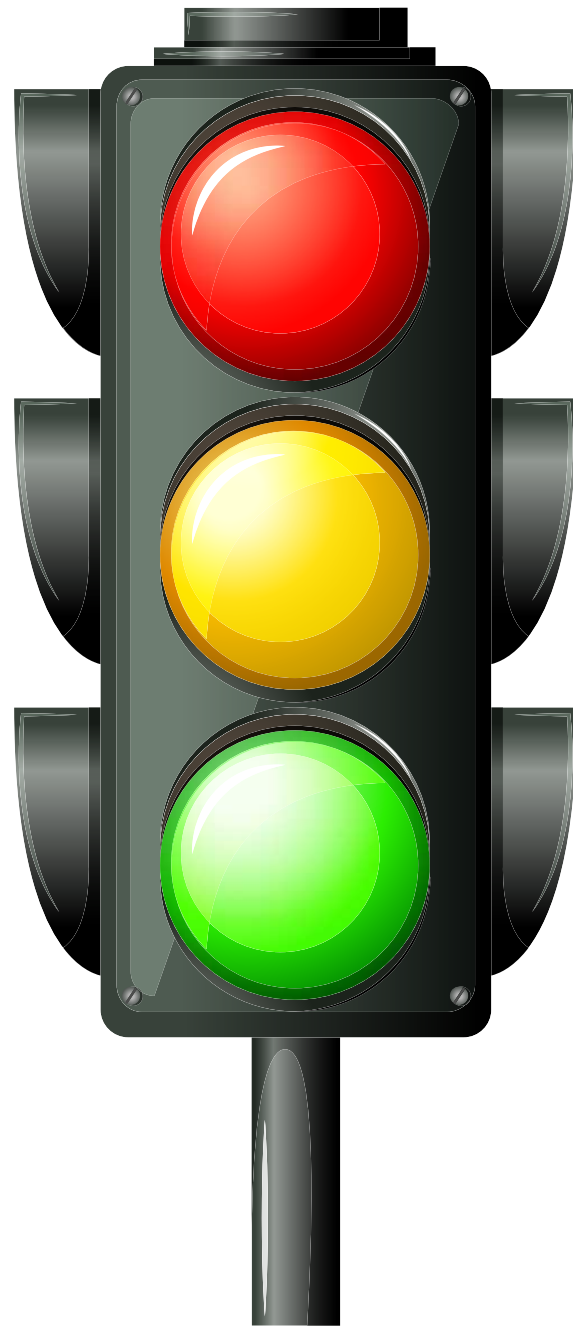
Yellow - Flexible zone.

Opportunity to set healthy boundaries, get resources for growth. This is where your checklist will be helpful to you.

Green - Great for self-esteem, feeling productive, valued and purpose-filled.



# BURN OUT SOLUTIONS



Make a checklist of what contributes to your workplace stress and burnout.

Ask yourself how often the situation(s) happens. Daily, Weekly, Monthly

What areas are realistically deal breakers or show you that you can go the extra mile?





---

**DON'T MISTAKE QUIET  
QUITTING WITH ACTING  
YOUR WAGE.**

---

**ANASTASIA TURCHETTA RDH**



# WORK-LIFE WELLNESS



Your time is respected and you respect others time.

Emotionally you feel valued, connected, and purpose-filled. You recognize the difference between going the extra mile and running on empty.

You have access to the resources that recharge your energy.

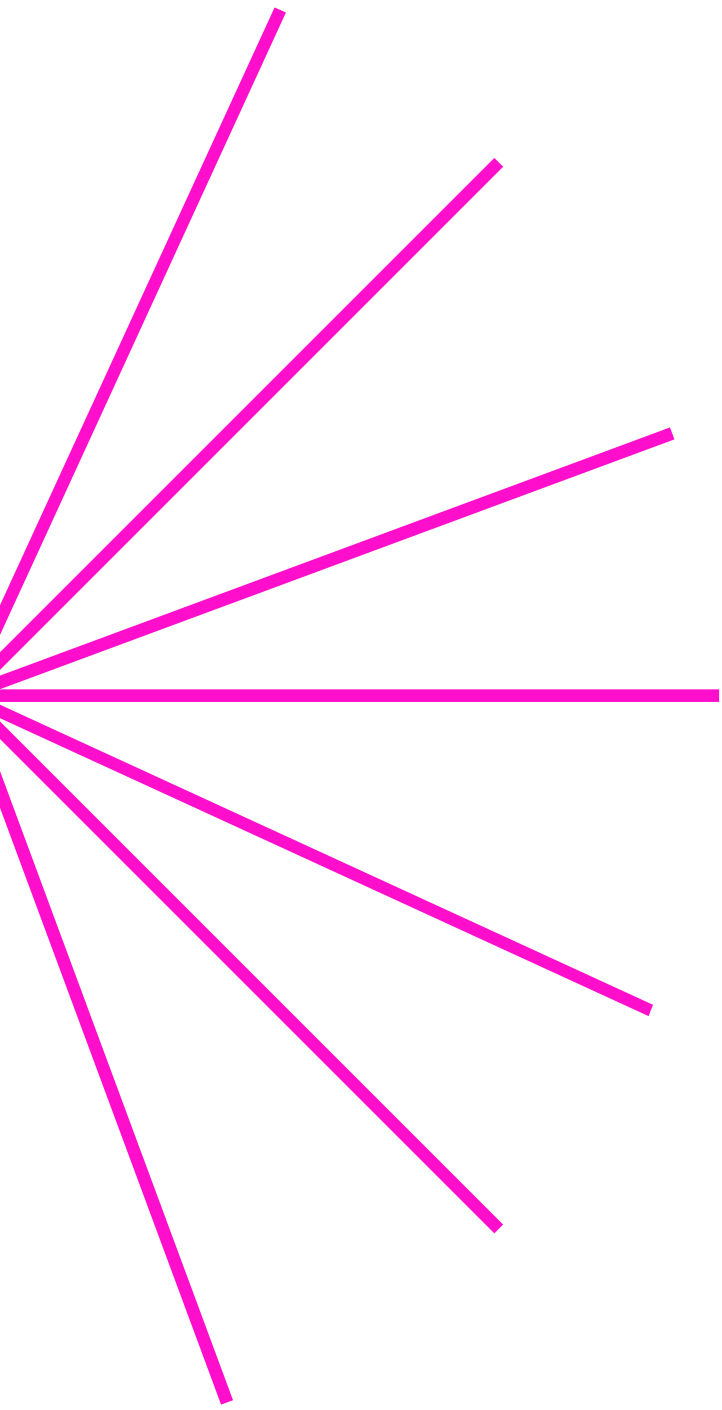




**YOU CAN EITHER  
SETTLE FOR  
COASTING THROUGH  
LIFE, OR  
THRIVE ON THE  
HIGHWAY TO HEALTH**







---

# TAKE WHAT YOU LEARN & MAKE A DIFFERENCE WITH IT

---

**ANASTASIA TURCHETTA RDH**