TechSoft

Do More & Do Less

For a better!

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‘Our’ Core Values & Culture

by first being healthy, constantly learning and growing, and sharing knowledge with our team and the community.

by taking ownership of our assigned tasks in proactively finding creative ways to success, obtained from collective results.

by being honest, transparent, respecting, caring, guiding, supporting, and cheering each other.

by keeping our commitment to making a bit better progress every day.

managing your expectations...

I'm not an expert, but...

Do More & Do Less

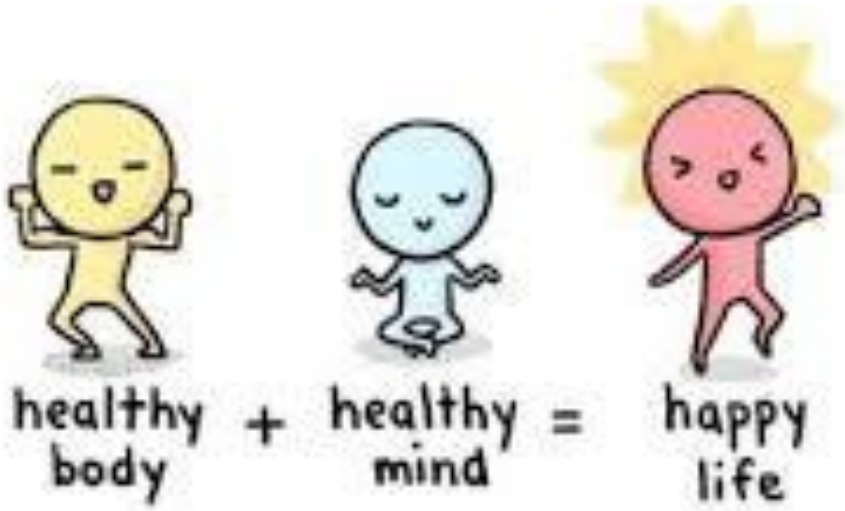
Do you know if **your physical health** is healthy?

Do you know if **your mental health** is healthy?

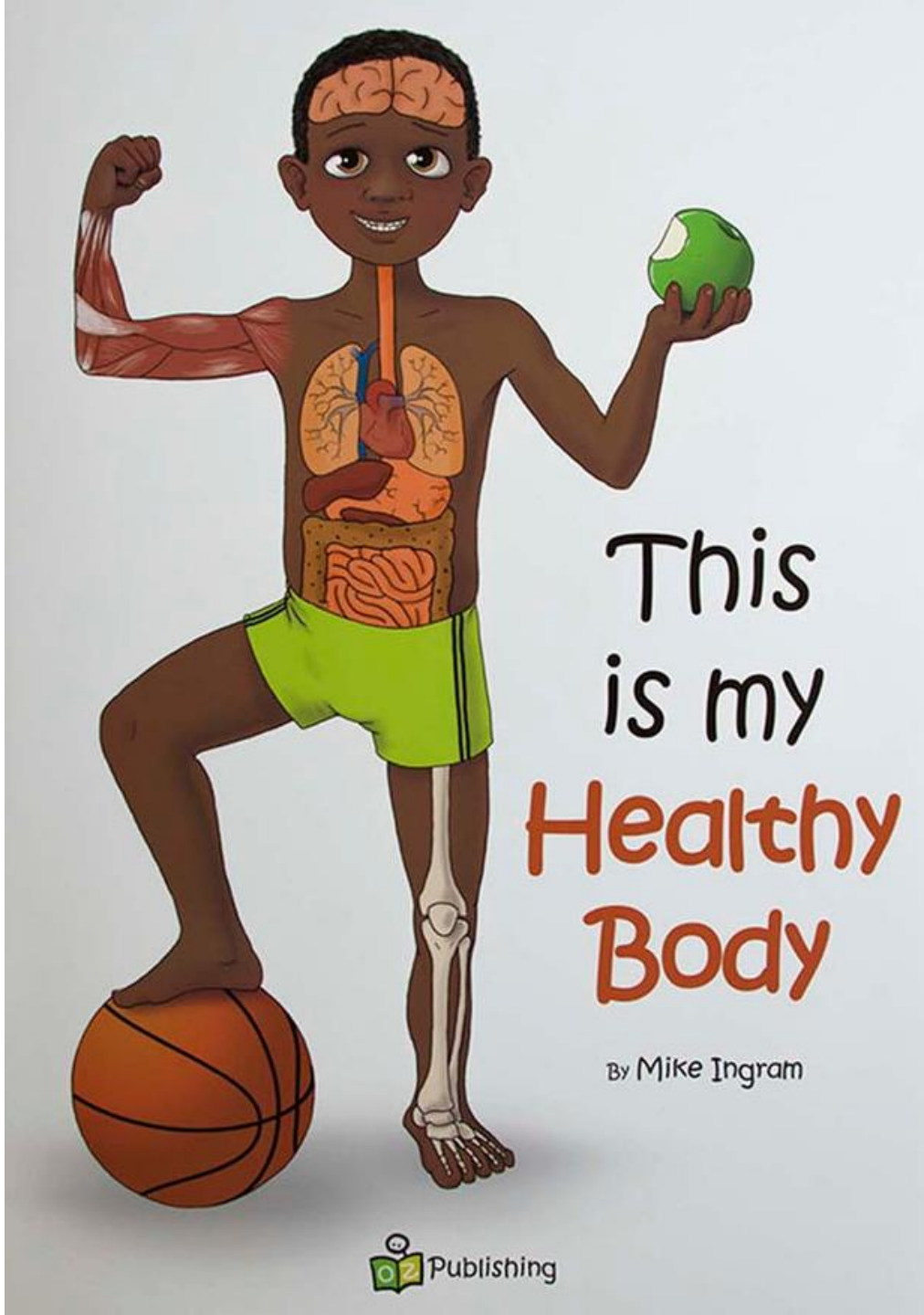
Cleveland Clinic | Parade

82%

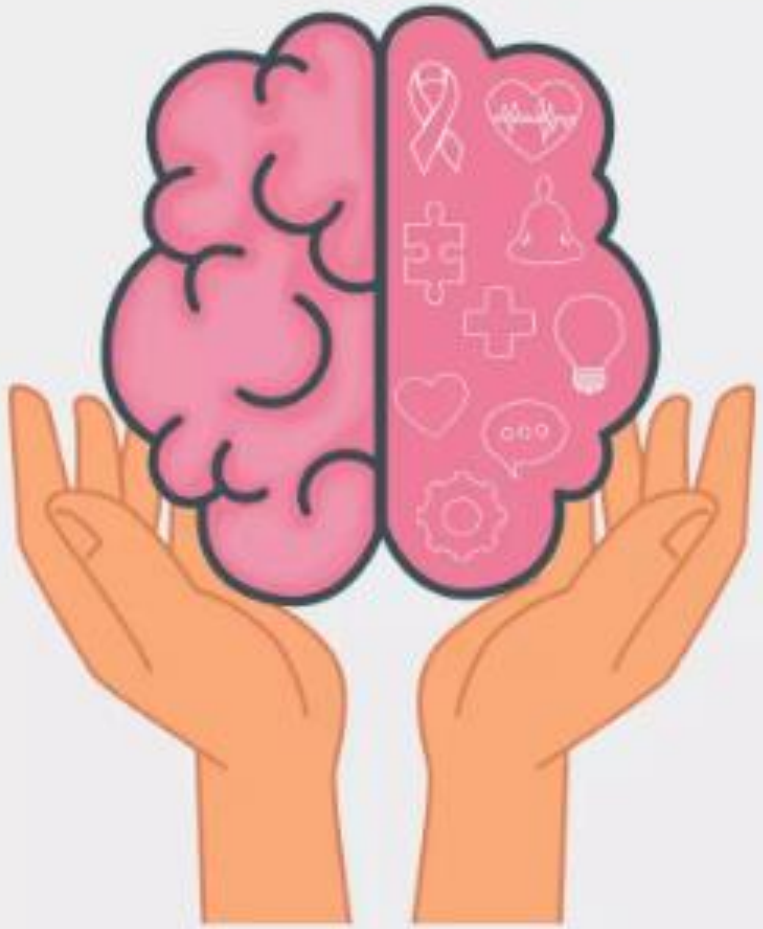
of Americans say mental health is just as important as physical health.


healthy body
+
healthy mind
=
happy life

What have you done to take care of your physical health?



What have you done to take care of your mental health?



What's a Mental Health Illness?

Mental health = negative feeling

What is the root cause of mental health illness?

WHAT IS WORRY?

Worrying **does not** take away tomorrow's troubles. It takes away **today's peace**.

For the people who do not know how to **fight** with worries,
DIE young!

Can you handle your worries well?

QUOTEMENT.COM

"I don't have time for my own mental health because so many other people need me to help them with theirs, and it's exhausting. I can't say no."

Tips to control your worries

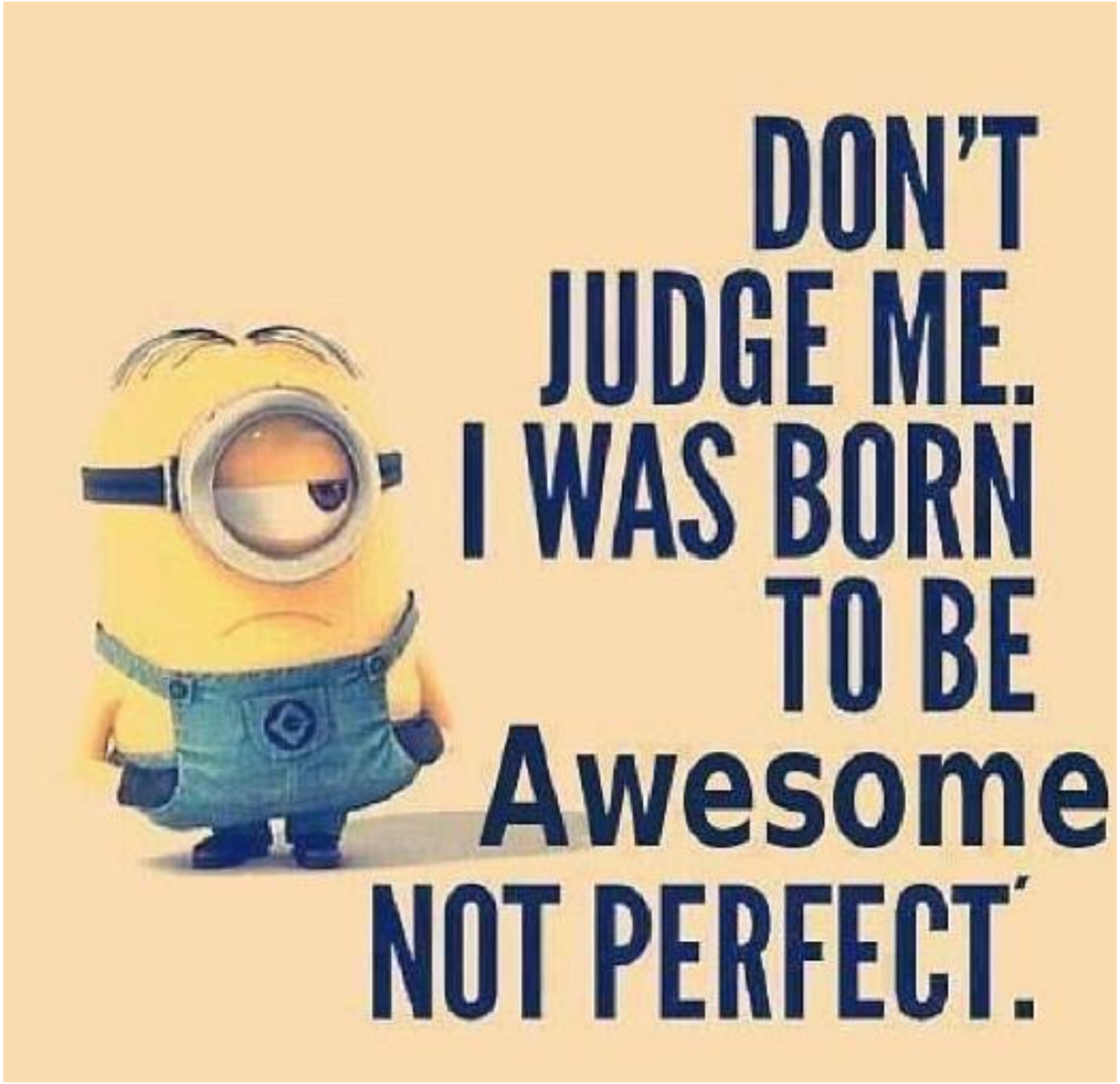
break the worry habit before it **breaks** you!

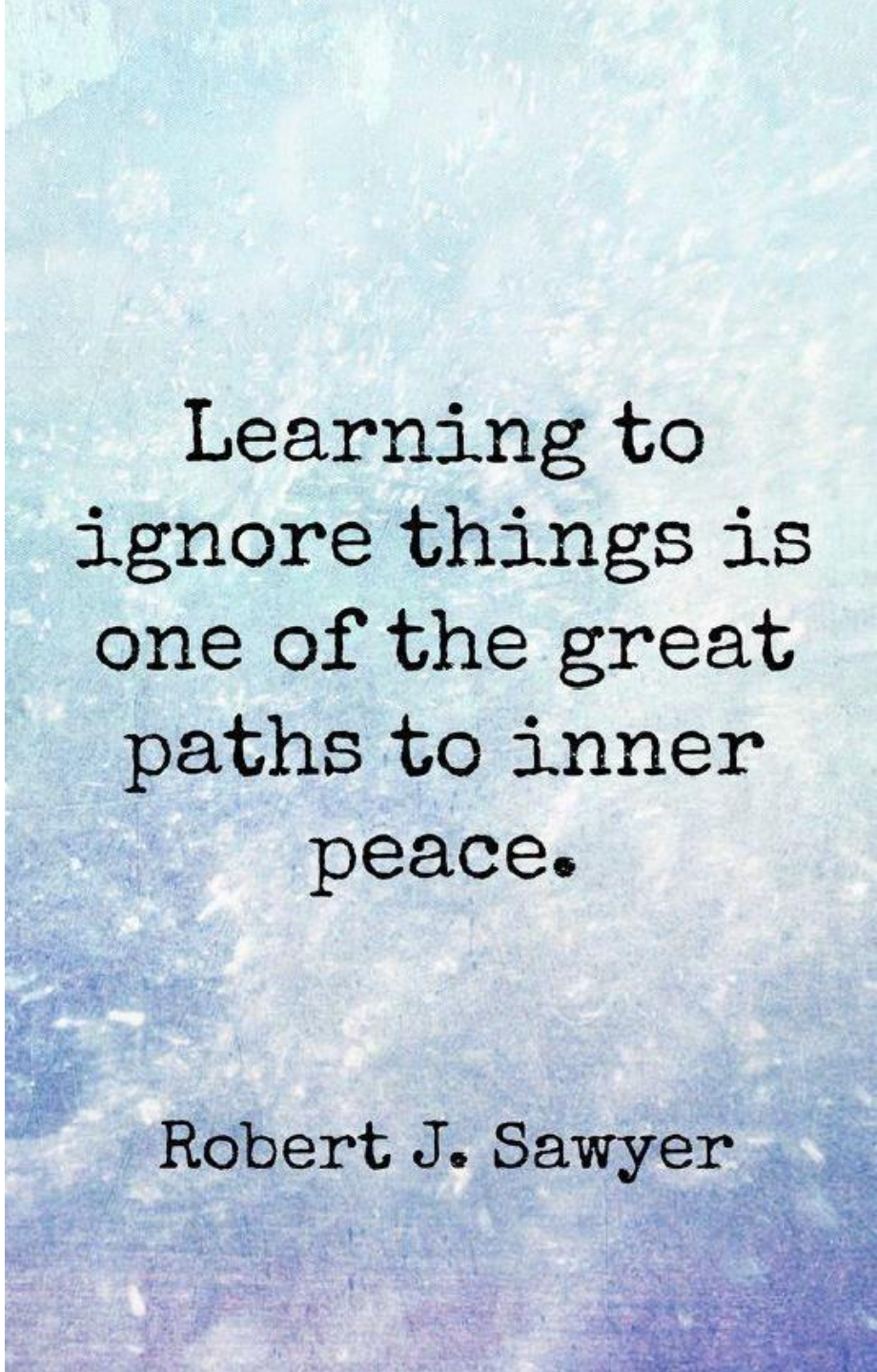
Tip 1 / Love Yourself

Treat yourself better

If you get tired, learn to rest.
Not quit.
WWW.THINKPOZITIVE.COM

Tip 2 / Ignore little things


DON'T
JUDGE ME.
I WAS BORN
TO BE
Awesome
NOT PERFECT.


Learning to ignore things is one of the great paths to inner peace.
Robert J. Sawyer

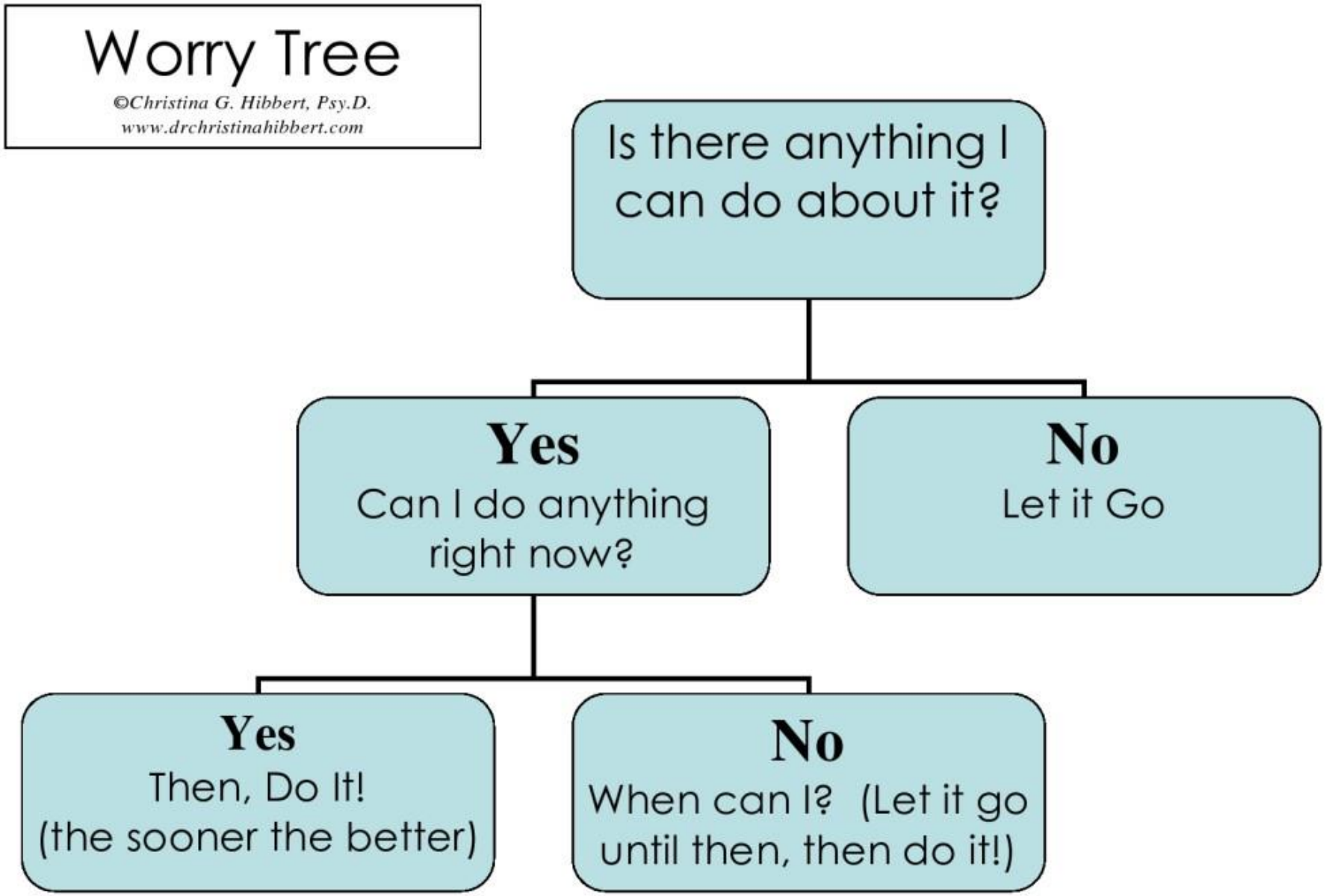
Tip 3 / Control your bad emotions

99% of worries are from the relationship between the people.

Personal life: enjoy the moment vs. lose the moment
Work: win together vs. lose together

Tip 4 / Improve your decision making skills

50% of worries are caused by making poor decisions.


Worry Tree
©Christina G. Hibbert, Psy.D.
www.drchristinahibbert.com
Is there anything I can do about it?
Yes
Can I do anything right now?
No
Let it Go
Yes
Then, Do It!
(the sooner the better)
No
When can I? (Let it go until then, then do it!)

Process of making a better decision

1) What is the problem statement?

2) Analyzing the root cause of the problem?

3) What are possible solutions?

4) Seeking advice if you need it.

5) What is the best / optimal solution to make now?

Tip 5/ Having a good plan

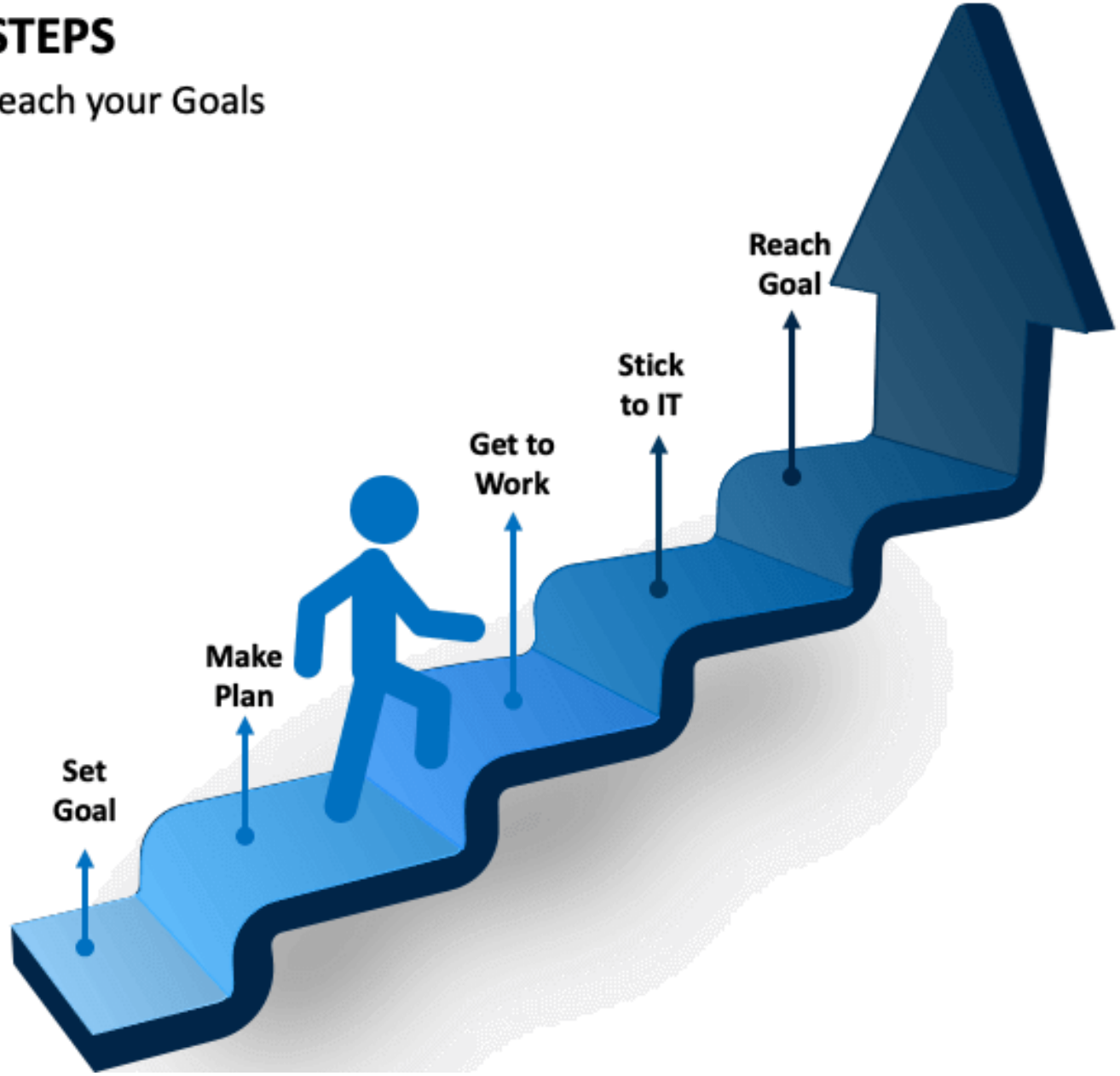
1 week (1 month) in 1 Day?

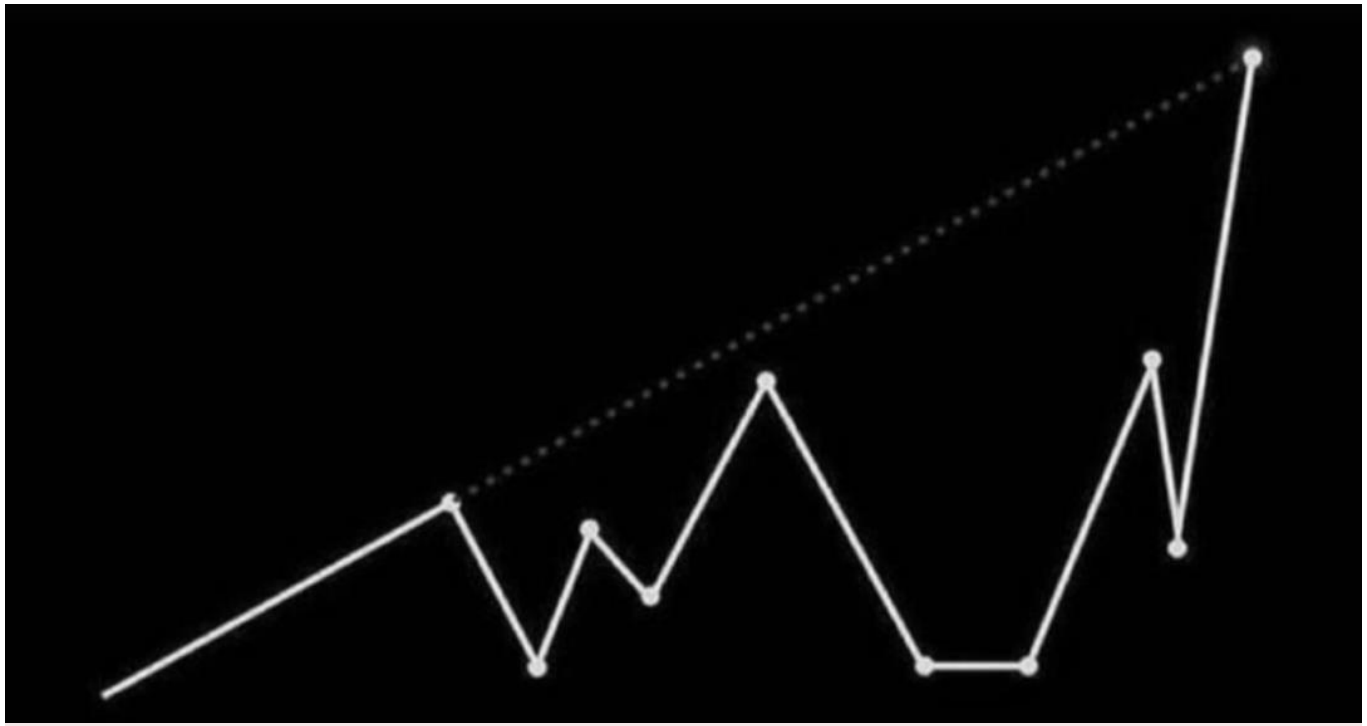
Personal life is also a plan…

Tip 6 / Accept it after you have put 100% in.

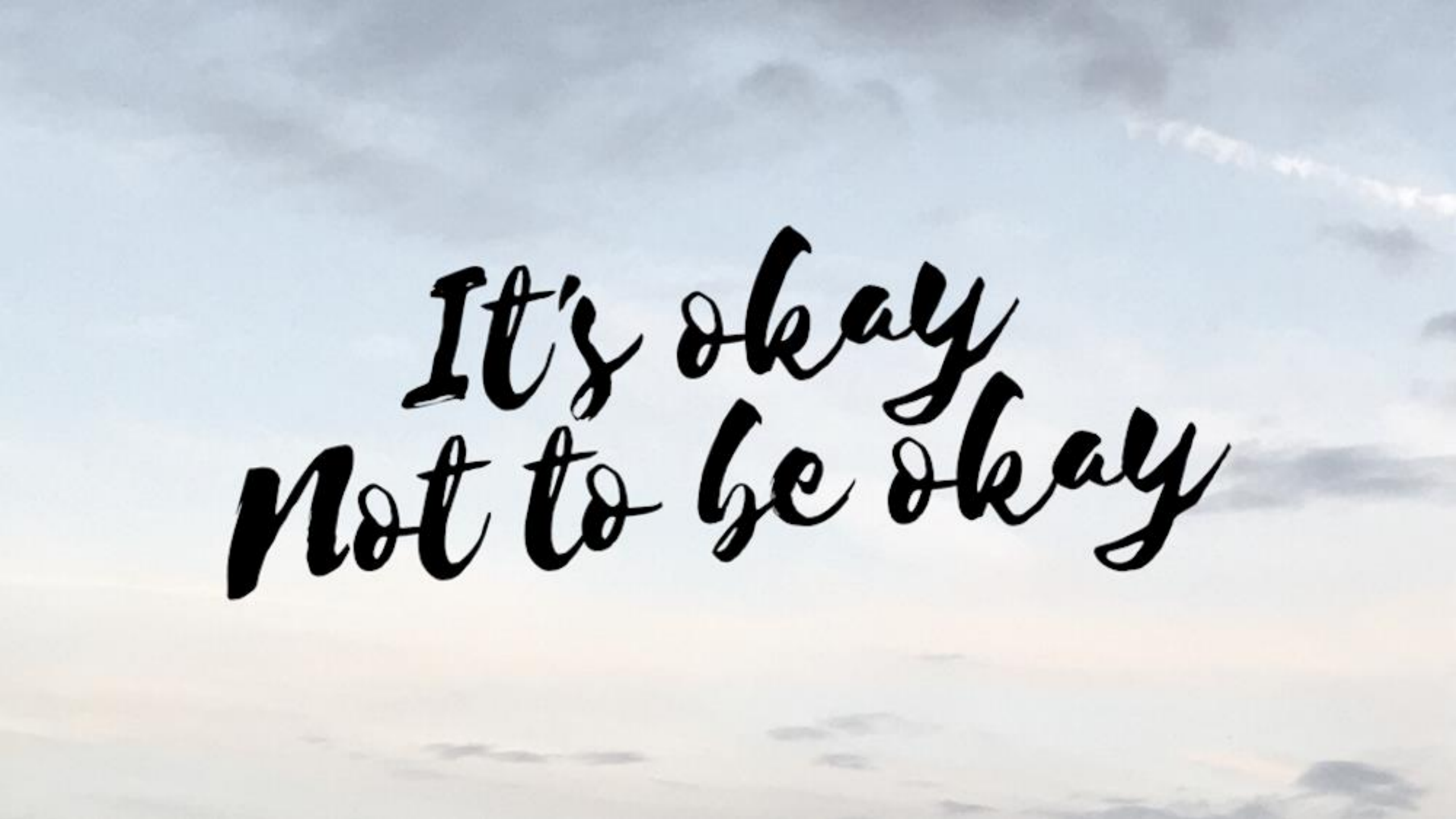
GOAL STEPS

Step to Reach your Goals





If the plan doesn't work,
change the plan.
But never the goal.


It's okay
not to be okay

Tip 7 / Wake up

~~yesterday~~
NOW
~~tomorrow~~

Do-More / by living a better way

Who am I?

Why I'm here?

Where you go?

Do, do more!

Do more than forgive, forget

Do more than help, serve

Do more than exist, live

Do more than hear, listen

Do more than talk, communicate

Do more than share, give

Do more than think, plan

Do more than dream, do

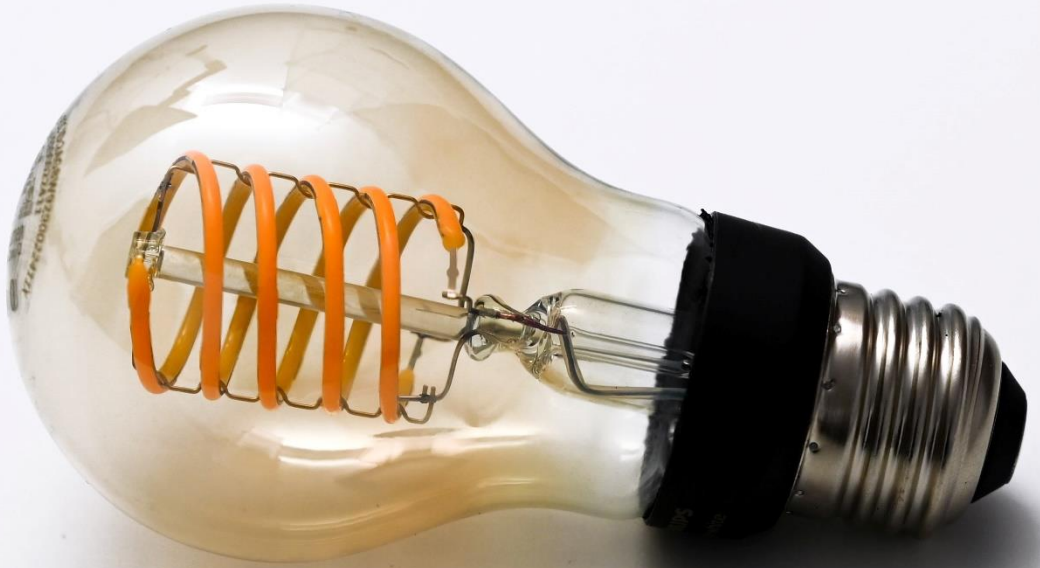
Do more than encourage, inspire

Do more than read, apply

Do more than wish, believe

Do more than change, improve

Do, do more!



Thanks for your Attention. You have a question?