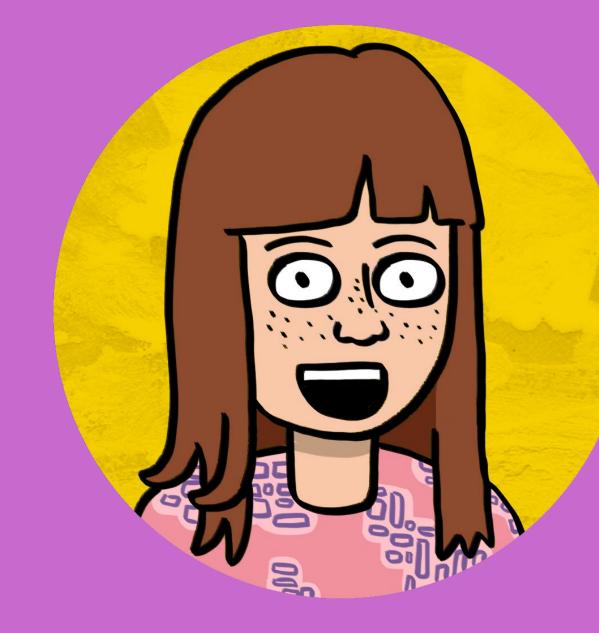
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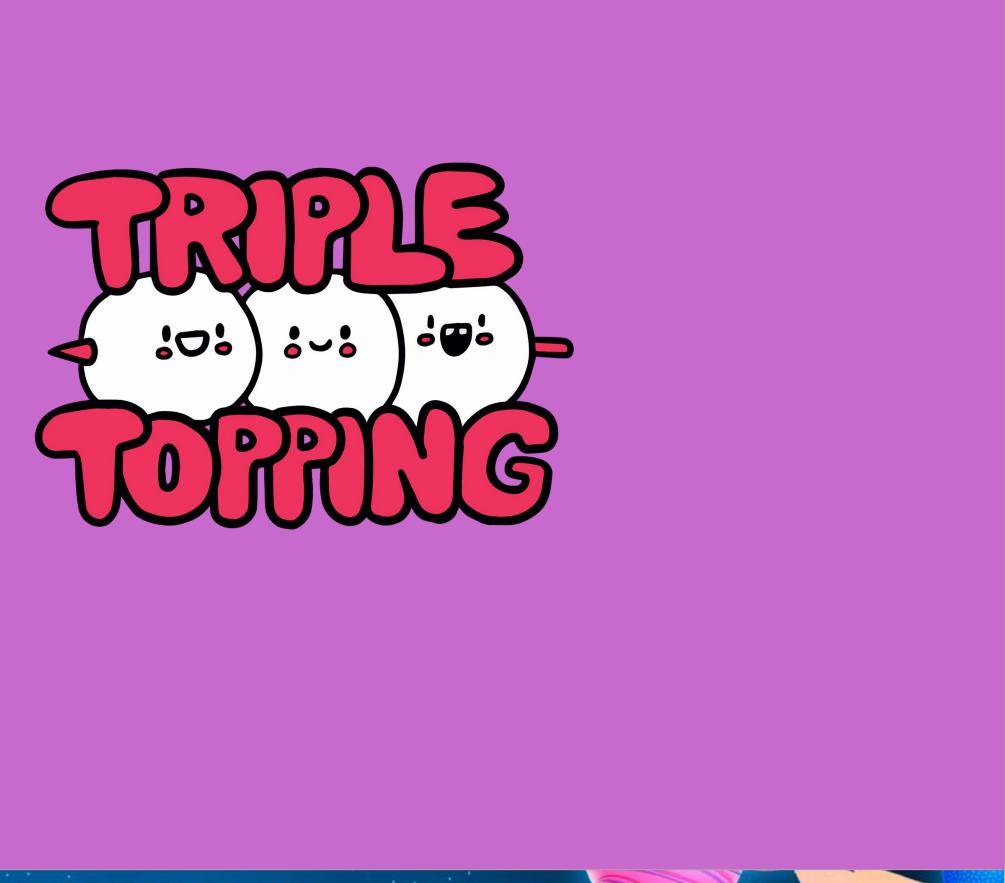
You Have to Stop Working, Even When You Can't Stop Working

Astrid Refstrup CEO Triple Topping

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Intro





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Some context



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Why it's hard to stop



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Six Months From Now?



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How I Stop Working

- Be open and transparent on your availability
- Respect other people's time zones
- Very few things are so urgent that you should reply at 1am.
- Budget and plan for time off
- Practice and allow yourself new standards

