



DON'T BE A MARTYR!

Saying yes to everything damages your industry as well as your health

Frazzled, exhausted freelancers shouldn't be the only workers that can be passed around an industry that cares about quality or its people.

Only bad managers want you working **more hours than are productive.**

Resist presenteeism - don't accept a working environment where people are 'playing chicken' about who leaves first.

Don't overestimate how productive and mistake-free your work is when you're doing long hours.

Just because you can produce more in one 60-hour week than you will in 40 hours doesn't mean you will be able to do it often.

Don't pretend that 'working full tilt' is good for anyone - **only bad employers think it is.**

Sign the petition at <http://bit.ly/eyes-petition>

