

OVER-BUSY

Meaning: Over-busy: excessively occupied or overwhelmed with tasks and responsibilities, leading to a lack of personal time or balance.

1. She felt over-busy with work and family obligations, leaving no time for herself.
2. His over-busy schedule made it difficult for him to maintain friendships.
3. After a week of being over-busy, she realized she needed to prioritize self-care.
4. The over-busy environment of the office was overwhelming for new employees.
5. To avoid becoming over-busy, he started delegating tasks to his team.

Source: sentences.whatistheurl.com

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