

# OVERWORK

*Meaning: Overwork refers to the excessive or prolonged work that leads to physical or mental exhaustion, often without adequate rest or breaks.*

1. She began to feel burnt out after months of overwork without any breaks.
2. The company's culture of overwork led to high turnover rates among employees.
3. To avoid overwork, she scheduled regular downtime in her weekly routine.
4. Overwork can lead to serious health issues, both mentally and physically.
5. He realized that his tendency to overwork was affecting his relationships and well-being.
6. Overwork can lead to serious health problems if not managed properly.
7. Many employees experience burnout due to overwork and unrealistic deadlines.
8. She decided to take a week off to recover from the stress of overwork.
9. Overwork not only affects productivity but also impacts personal relationships.
10. The company implemented wellness programs to help prevent overwork among its staff.
11. Many employees suffer from burnout due to overwork and unrealistic deadlines.
12. He decided to take a vacation after realizing he was starting to overwork himself.
13. It's important to recognize the signs of overwork before it impacts your health.
14. She spoke out against the culture of overwork that was prevalent in her industry.
15. Overwork can lead to decreased productivity and increased stress levels in the workplace.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/overwork>*