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Health - Your Ultimate Wealth

JULY 2026

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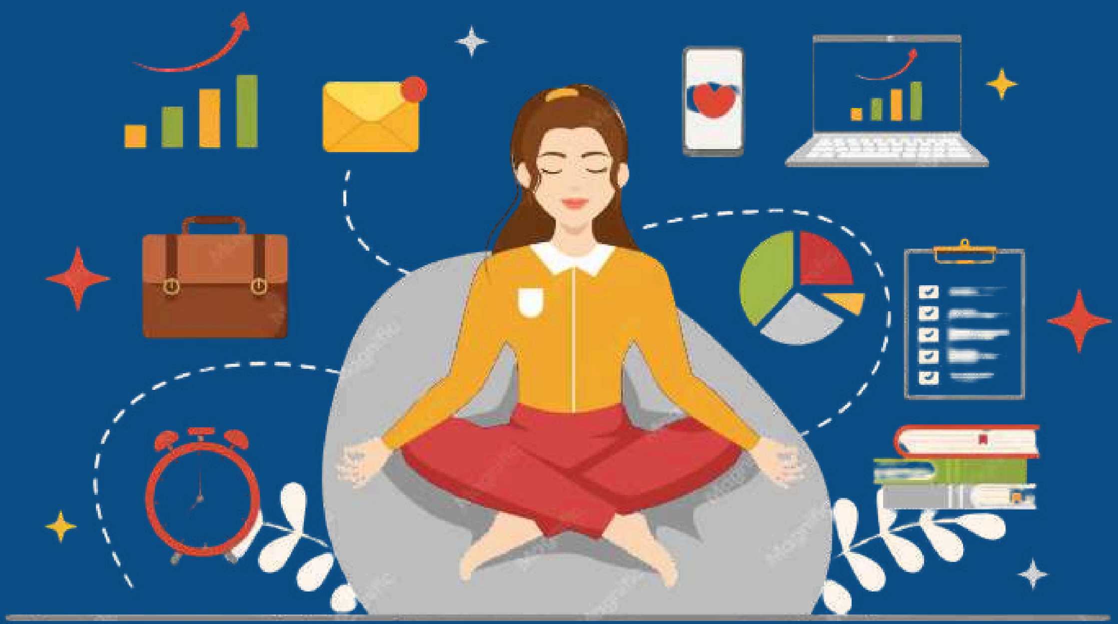
The Silent Cost of Being a High Performer

Success Shouldn't Come at the expense of Your Health

High performance is often recognised by what people can see: meeting deadlines, solving problems, leading teams, and staying dependable under pressure. What often goes unnoticed is everything it takes to sustain that. Skipped meals, delayed breaks, late nights, constant travel, and a mind that rarely switches off slowly become part of the routine.

The demands of modern work often become part of our routine before we even notice their impact. Recognising those early signs is the first step towards protecting both your health and your performance.



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The Health Trade-Offs We Don't Notice

Burnout Beyond Fatigue

Burnout is more than feeling tired. It gradually affects motivation, concentration, and your ability to stay engaged at work.

It might look like: You're busy all day but still end it feeling like very little was accomplished.

The 'Always-On' Trap

Being constantly connected keeps your brain in work mode, leaving little time to mentally recover.

It might look like: Checking emails before getting out of bed or replying to messages late into the evening.

Poor Sleep Quality

Stress and irregular routines can reduce the quality of your sleep, even if you're spending enough hours in bed.

It might look like: Waking up tired, relying on caffeine, or running out of energy by the afternoon.

Silent Lifestyle Diseases

Many lifestyle-related conditions like high blood pressure, diabetes, and heart disease develop without obvious symptoms.

It might look like: Feeling perfectly healthy until a routine check-up reveals otherwise.

Decision Overload

Making hundreds of decisions every day gradually reduces mental clarity and the quality of decision-making.

It might look like: Delaying simple decisions, second-guessing yourself, or struggling with tasks that usually come easily.

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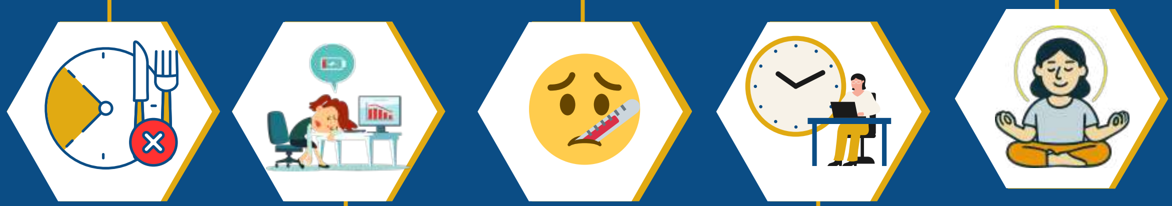
5 Signals Your Body Shouldn't Ignore



- Frequently skipping meals or relying on caffeine to stay energised
- Waking up tired and low energy
- Falling sick more often than usual
- Finding it difficult to disconnect from work after office hours
- Noticing reduced patience, concentration, or enthusiasm

Recovery Is Part of Performance

Elite athletes don't train at full intensity every day. Recovery is built into their routine because it's where the body repairs, adapts, and prepares for the next challenge.

The same principle applies at work. Recovery isn't a reward after burnout; it's what helps prevent it.

Power Habits for High Performers

- Prioritise 7–8 hours of quality sleep
- Take short movement breaks every hour
- Stay hydrated throughout the day
- Block uninterrupted time for focused work
- Spend at least 30 minutes each day away from digital devices
- Make preventive health screenings a yearly priority

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Wellness Insight

Ever wondered why one unfinished presentation or unanswered email stays in your mind longer than everything you've already completed?

Why Unfinished Work Stays on Your Mind

Psychologists call this the Zeigarnik Effect. Our brains naturally hold on to unfinished tasks, making them easier to remember and far more difficult to switch off from.

Try this:
Before ending your workday, write down tomorrow's top three priorities.
Giving unfinished work a clear place to resume can help your mind leave it there until tomorrow.

A Leadership Reminder

The habits leaders practise often become the habits teams adopt. Prioritising well-being, healthy boundaries, and preventive care encourages a workplace culture where sustainable performance can thrive.

The strongest careers are built on consistency, not constant sacrifice. Looking after your health isn't stepping away from success; it's one of the smartest ways to sustain it.

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Head Office: Maker Bhavan 1, Sir Vithaldas Thackersey Marg, Churchgate,
Mumbai, Maharashtra - 400 020 (INDIA)
Telephone : + 91 22 6631 4949
E-Mail : groupservices@jbbodamail.com | https://www.jbbodagroup.com

For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com