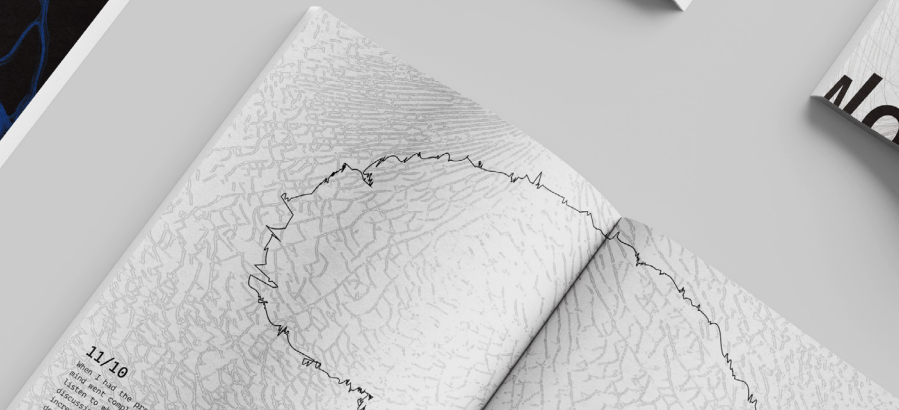
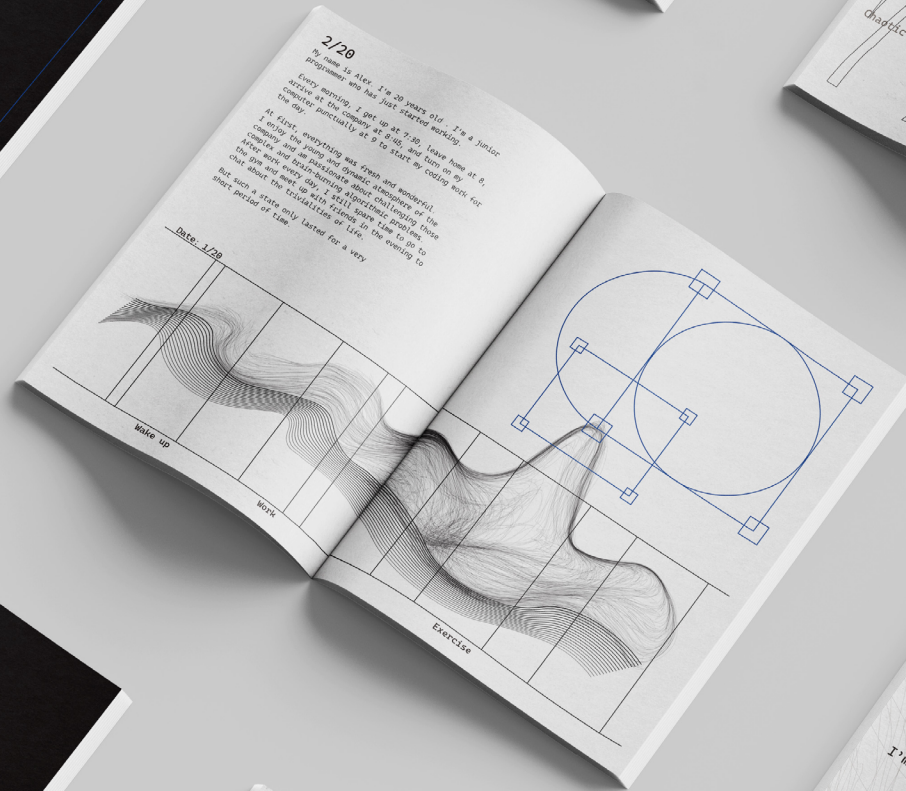
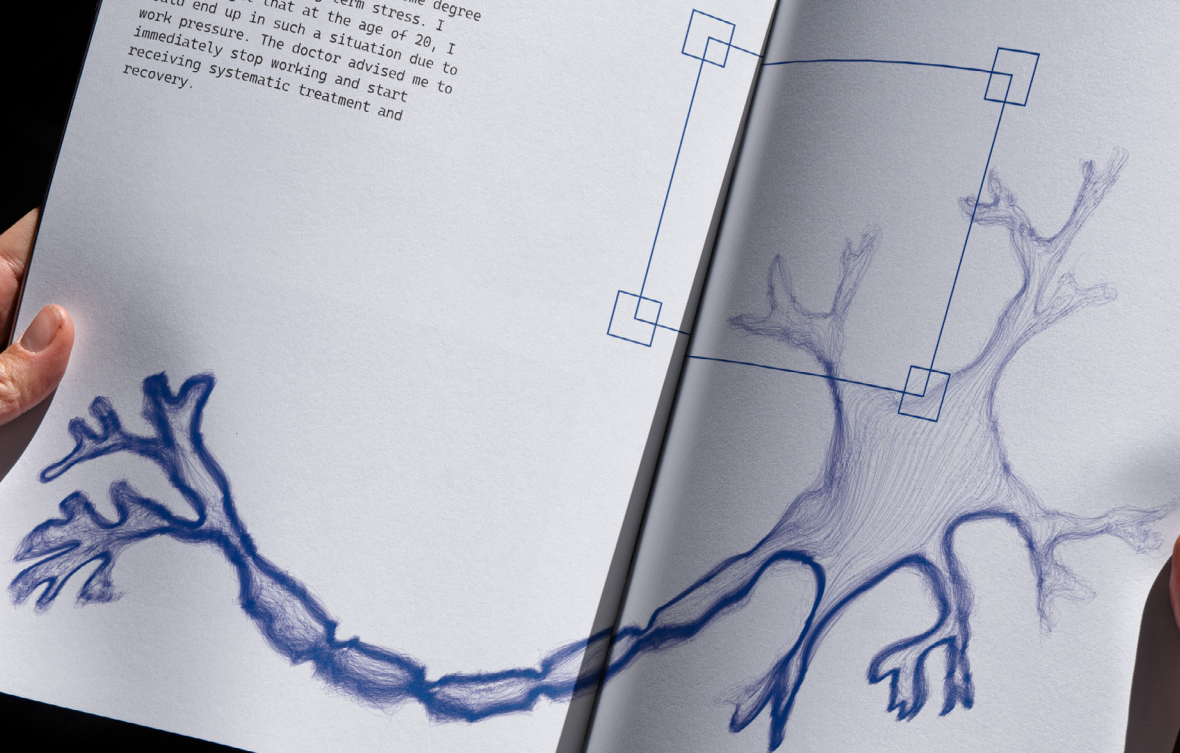




12/29

I finally decided to see a doctor and took a Maslach burnout assessment. The result shocked me. My index of emotional exhaustion and depersonalization was extremely high. The doctor told me that my brain might have suffered some degree of damage due to long-term stress. I never thought that at the age of 20, I would end up in such a situation due to work pressure. The doctor advised me to immediately stop working and start receiving systematic treatment and recovery.



11/24

Recently, I have become increasingly distant from social activities and even started to be too lazy to reply to messages or calls. I feel as if I were just a programming machine, mechanically completing one task after another, gradually feeling confused and disappointed about my career and life prospects.

12/13

When the alarm clock rang this morning, I felt completely devastated and had no energy or motivation to get up at all. I stared at the ceiling and even felt that making simple decisions, such as what to wear or what breakfast to have, had become extremely difficult. My heart was numb, as if a monster had devoured any positive emotions or motivation.

