



Everyday Choices

- Drinking alcohol socially after work
- Smoking occasionally
- Switch from tobacco to electronic cigarettes
- Gaming 2–3 hours/day
- Scrolling social media late at night
- Online gambling once a week
- Work/study overworking
- Scrolling social media during breaks
- Constant phone checking during training/work
- “Weekend-only” heavy drinking
- Taking energy drinks multiple times a day
- Skipping breaks regularly
- Irritability or frustration under pressure
- Frequent lateness or absenteeism
- Increasing isolation from peers/colleagues

AGREE

DISAGREE