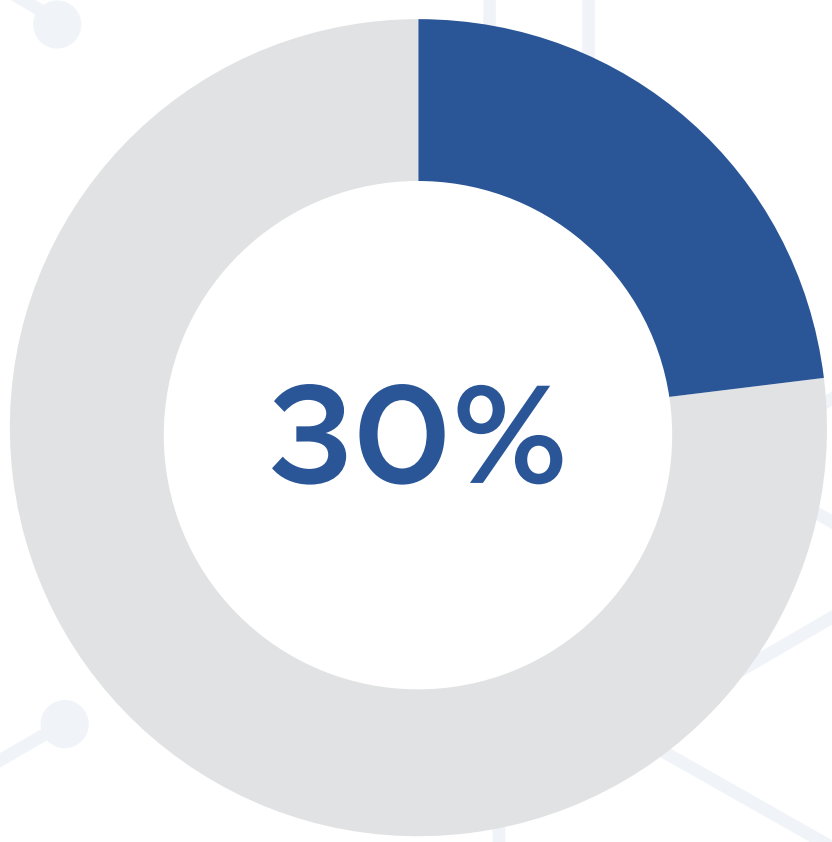
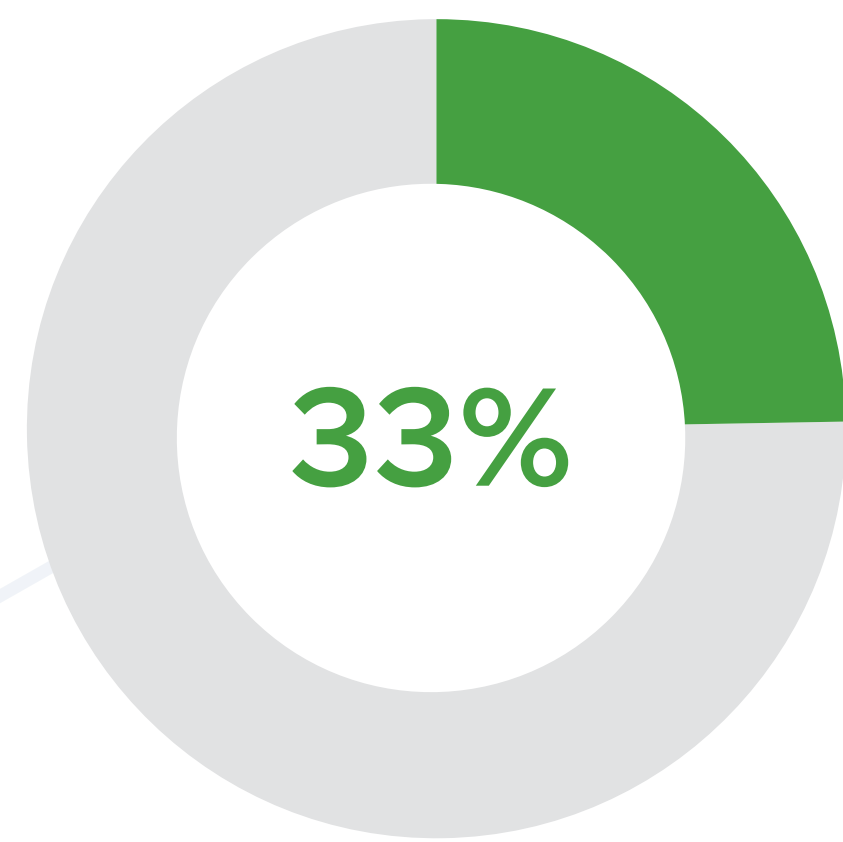


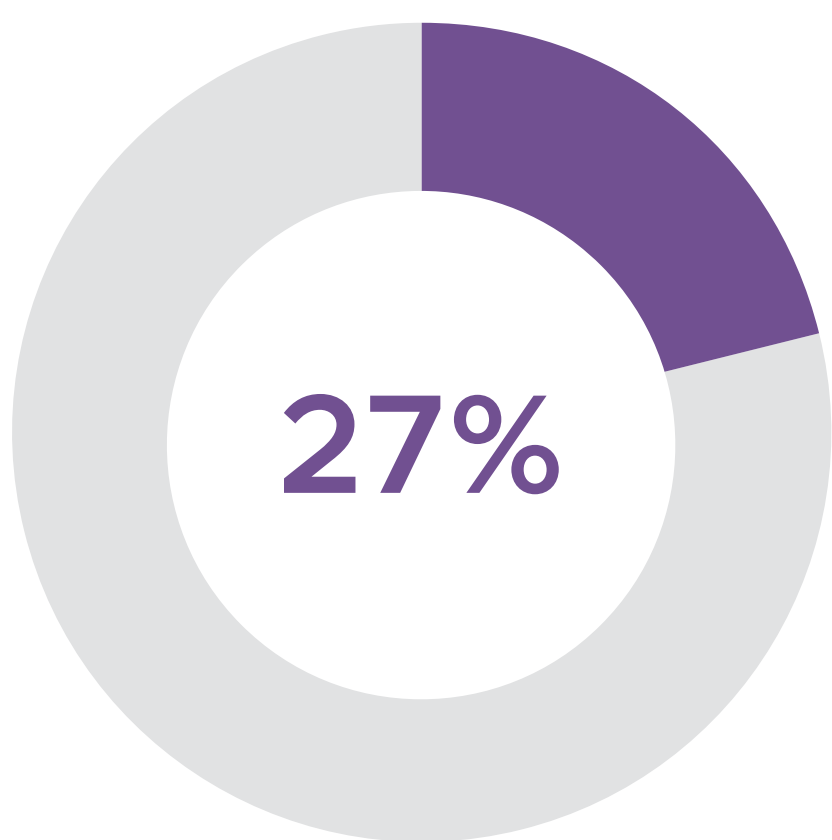
# How Cybersecurity Breaches Affect the Work-Life Balance of IT Workers:



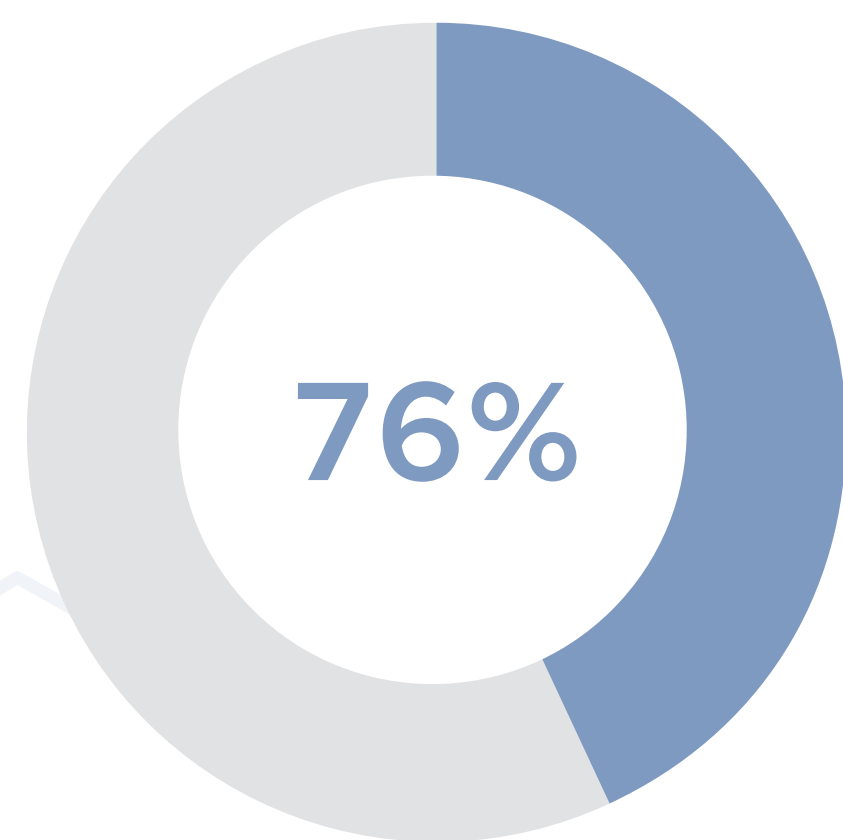
Employees ended up working overnight due to a breach



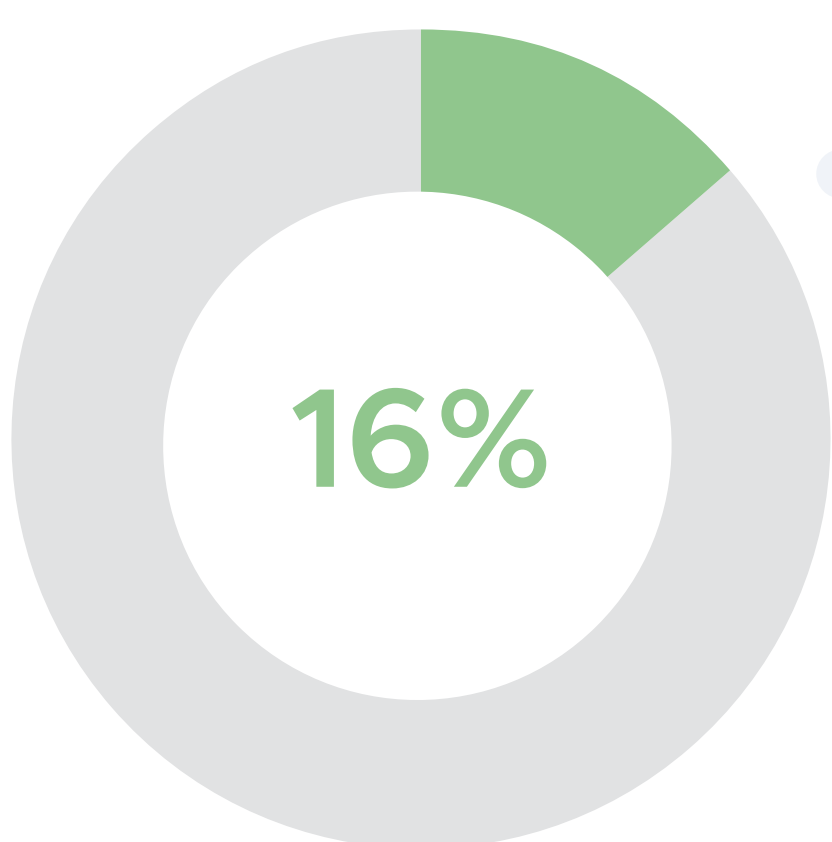
Employees suffered from additional stressors



Employees cancelled vacations



Employees feel it impacted their personal relationships



Employees quit job due to stressors caused by a breach

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