

# Interview Questions

## 1) Self-introduction

Hello, I am 45 years old, and I am currently working as an ordinary employee in a well-known Internet company. As I grow older, I feel more and more pressure brought by the 996-work system. The double exhaustion of body and spirit will make me feel confused and sleepy in the dead of night, but I have no possibility to retreat, and I am always worried that I will collapse.

## 2) Personal Experiences with 996 Culture

### A) Can you describe a typical workday under the 996 schedules?

The 996 paces of work every day gives me little chance to breathe. Physical fatigue was accumulating, and insomnia and low energy levels became my daily routine. In the face of high-intensity work, I obviously feel powerless and can't keep up with the pace of young people around me.

### B) How has the 996-work culture affected your daily life and personal time?

The financial pressure of my family makes me dare not slack off at all. After 19 years of marriage and a child about to enter college, it takes a lot of money. The mortgage has not been paid off, the burden on the body, I really cannot say stop, can only clench my teeth to support.

### C) Can you share any specific instances where the 996 culture significantly impacted your well-being?

Sometimes, I would sit alone at the window in the middle of the night. After working all day, I was too tired to sleep. Watching the lights outside go out, my heart is full of confusion and powerlessness. More than once, the intense work made me doubt my ability to continue.

## 3) Psychological State

### A) How would you describe your mental and emotional state while working under the 996 culture?

As I get older, I find it more and more difficult to bear the pressure of 996. Insomnia and anxiety became my nightly companions, leaving me feeling lonely and helpless in the dead of night.

### B) Have you noticed any changes in your psychological health since you started working in this environment?

I occasionally go to the company's psychological counseling office for help, hoping to find some ways to relieve stress. But professional counseling is really too expensive, and I think it is an unaffordable burden for my family.

### C) What specific psychological challenges do you face regularly?

Right now, I feel very lost and helpless. I don't know what to do. Friends around me are also under a lot of pressure, but there is no way to talk, this loneliness makes me feel heavy, and I begin to worry about my future.

#### **4) Coping Mechanisms**

##### **A) What strategies do you use to cope with the stress of the 996-work schedule?**

In the face of stress, I try to relieve it in simple ways such as walking and deep breathing. But one is that there is not so much time to rest, and at the same time they are not enough to fight the stress in my heart, I still feel anxious and uneasy.

##### **B) Have you sought professional help (e.g., therapy, counseling) to manage work-related stress? If so, how effective has it been?**

I know I need more support, but the high cost of counseling makes me hesitate. I was wondering if it was worth the investment, mainly because I was worried about the extra financial burden it would put on my family (sigh).

##### **C) Do you feel that your coping mechanisms are sufficient to handle the stress you experience?**

In fact, I also want to find a way to cope, but now I really feel helpless, it is really difficult to hold on, but there is no reason not to hold on.

#### **5) Support Systems and Interventions**

##### **A) Does your company provide any support or resources to help you manage stress?**

The psychological counseling service provided by the company is a glimmer of hope for me, but the resources are limited, and I can't use them frequently. I hope to have more opportunities to receive professional guidance and help.

##### **B) How effective are the support systems provided by your company?**

I really hope that the company can provide more support, such as increasing resources for psychological counseling, or providing some financial assistance to alleviate the economic and psychological pressure on us ordinary workers.

##### **C) What additional support or resources would you like to see implemented in your workplace to help manage stress?**

At this age, I feel that what I need is not only material support, but more spiritual comfort and understanding. I hope to get more attention and help so that I can better cope with the challenges in life and work.

#### **6) Views on 996 Culture**

##### **A) What are your overall thoughts on the 996-work culture?**

For the 996 culture, I feel helpless and powerless. It put me under a lot of stress, both physically and mentally, and I began to wonder if this mode of work was really right for me.

##### **B) Do you believe the 996 culture is sustainable in the long term? Why or why not?**

I am aware of the appeal of this type of work to young people, who have the energy and passion to adapt to this kind of intensive work. But for middle-aged people like me, it brings more challenges and difficulties.

**C) What changes, if any, would you recommend improving the work culture in your industry?**

I hope that more voices can pay attention to our community, understand our difficulties, and provide us with more support and help. After all, life should not only be about work, but also about health and happiness. I am eager to find a balance that allows me to find a harmony between work and family.

Lucas Hyde