Quick mental health hacks at work
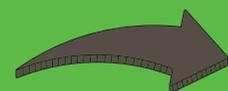
Close your eyes for 60 seconds and think of a relaxing moment or place.
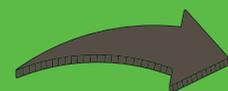
Avoid talking shop during coffee & lunch breaks. Talk about family, pets, weekends; anything that gives the mind a break from work.
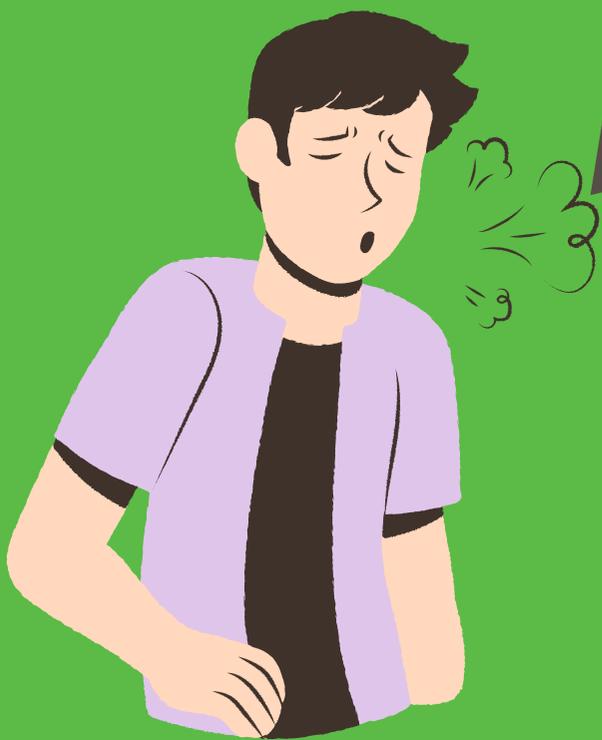
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