

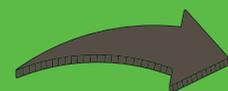
Quick mental health hacks at work



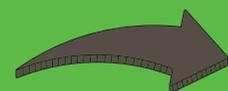
Close your eyes for 60 seconds and think of a relaxing moment or place.



**Before lunch, write
down three things
you've achieved so far
in the day. Revisit the
list before you wind up.**



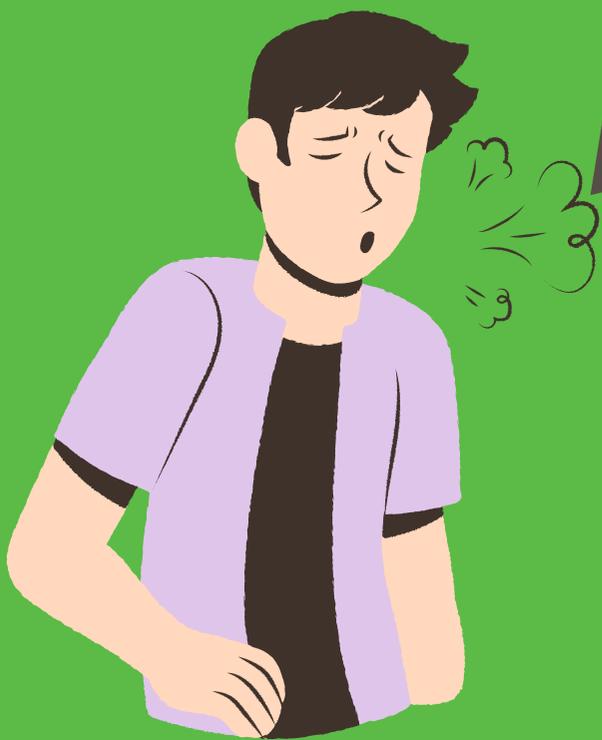
Stand up, stretch and walk around to stay active and reduce mental fatigue.



**Avoid talking shop during
coffee & lunch breaks.
Talk about family, pets,
weekends; anything that
gives the mind a break from
work.**



Going in for a long meeting? Inhale and exhale deeply for 60 secs before you begin.



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