



**Establish a
routine**



**Create a
pleasant
workspace**



**Ask for
help**

Remote work and mental health: 7 key tips



Sleep well



**Take regular
breaks**



**Do something
recreational**



**Have people
around**

Tips Automation Remote Work

HowExpert,Ashley Mangtani



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Śledziowska,Renata Włoch,2021-08-01 The unprecedented Covid 19 crisis revealed the scale and scope of a new type of economy taking shape in front of our very eyes the digital economy This book presents a concise theoretical and conceptual

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- Chapter 5: Conclusion

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