



Establish a
routine



Create a
pleasant
workspace



Ask for
help

Remote work and mental health: 7 key tips



Take regular
breaks



Sleep well



Do something
recreational



Have people
around

Tips Automation Remote Work

Ying-Ying Zheng



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ve learned already from the yamas week of our eight limbs of yoga program meaning control or restraint

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they also increase our intake of prana for all pranayama except kapalabhati the breath is slow and steady breathed in and out
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