



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

**Marco Casella**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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