



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

**Katarzyna Śledziwska, Renata Włoch**

## **Tips Automation Remote Work:**

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*Aggregates Manager*, 2007

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