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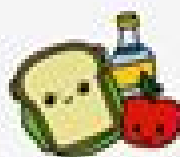
# Look after yourself



IN THE WORKPLACE



KEEP HYDRATED



LUNCH AWAY FROM DESK



USE YOUR VOICE



SHARE YOUR FEELINGS



TAKE REGULAR BREAKS



GO FOR A WALK



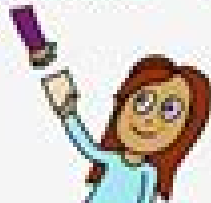
GO HOME ON TIME



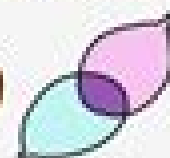
ORGANISE YOUR WORK



ASK FOR HELP



DELEGATE MORE



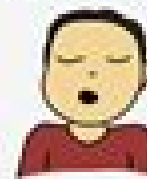
KEEP COMMUNICATING



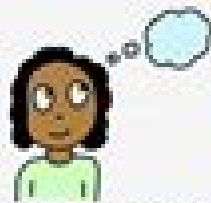
SEND LESS EMAILS



WALK AWAY FROM SCREENS



TAKE DEEP BREATHS



REFLECT ON YOUR DAY



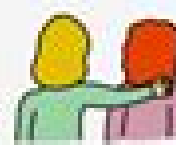
TAKE YOUR TIME



FOCUS ON SUCCESS



ASK CURIOUS QUESTIONS



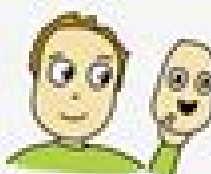
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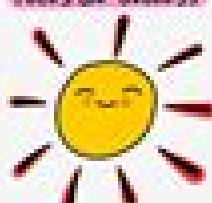
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BE YOURSELF



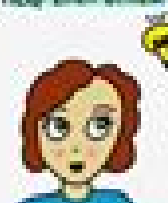
BELIEVE IN YOURSELF



FOCUS ON THE GOOD



BE HONEST + GENUINE



TRY SOMETHING NEW



SPREAD KINDNESS



LISTEN TO YOURSELF

# Look After Yourself Hair

**Michael Brown**



**Look After Yourself Hair:**

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