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IN THE WORKPLACE



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LUNCH AWAY FROM DESK



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SHARE YOUR FEELINGS



TAKE REGULAR BREAKS



GO FOR A WALK



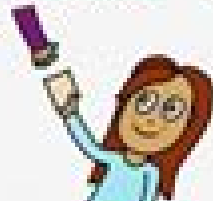
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ORGANISE YOUR WORK



ASK FOR HELP



DELEGATE MORE



KEEP COMMUNICATING



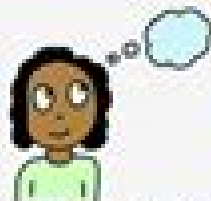
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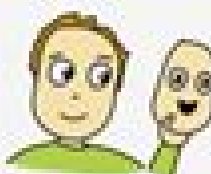
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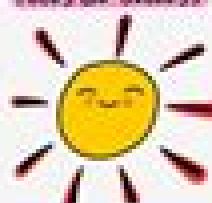
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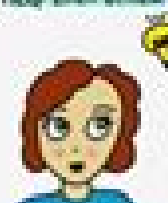
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LISTEN TO YOURSELF

Look After Yourself Hair

Huangqi Zhang



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