

*Self Care*

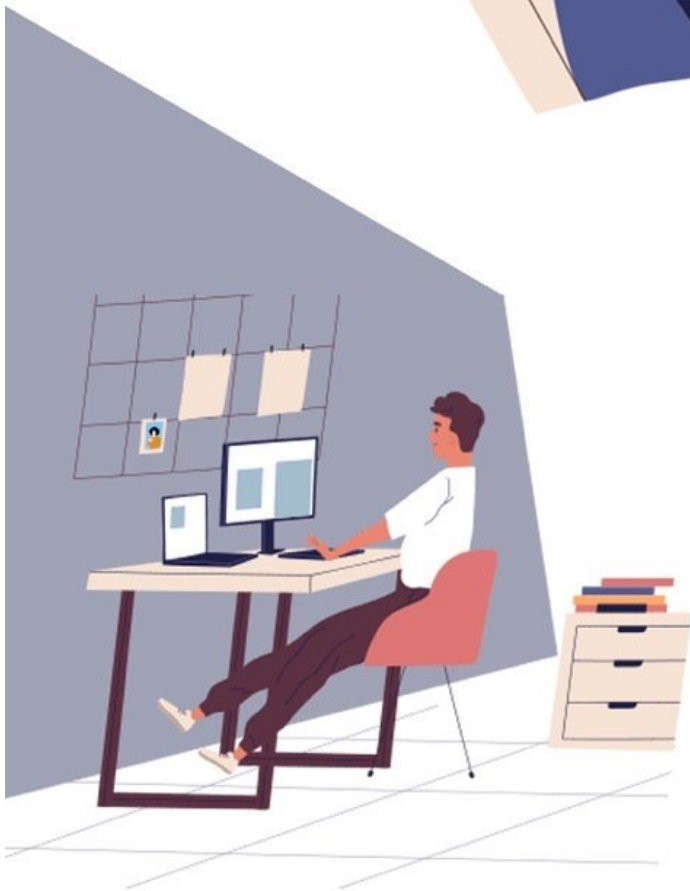
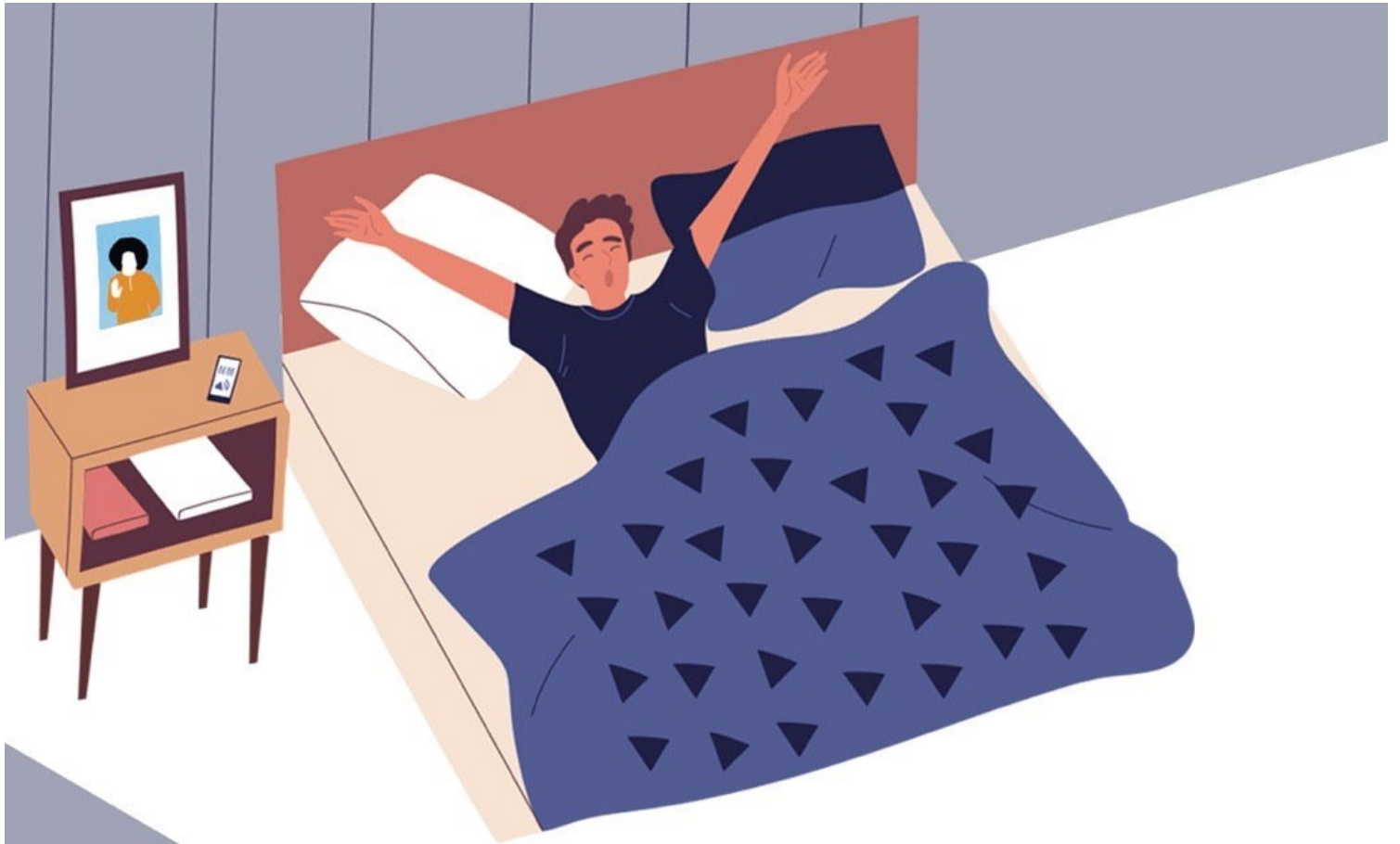
# STRESS ALLEVIATION & INTERVENTION

*techniques*

*Keep a Routine*



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*Stick to a regular bedtime and waking schedule.*

*Shower and dress in the morning and keep normal working hours like you usually would.*

*Avoid logging onto your computer from your bed.*

*Designate a work area.*

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