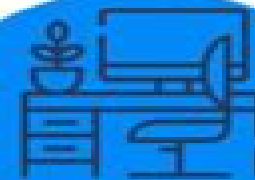




**Establish a
routine**



**Create a
pleasant
workspace**



**Ask for
help**



Sleep well



**Take regular
breaks**



**Do something
recreational**



**Have people
around**

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