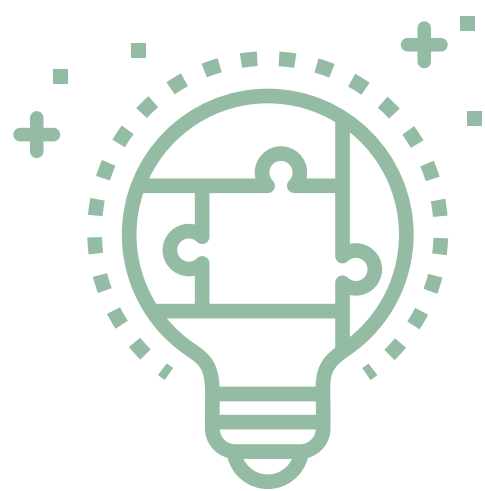
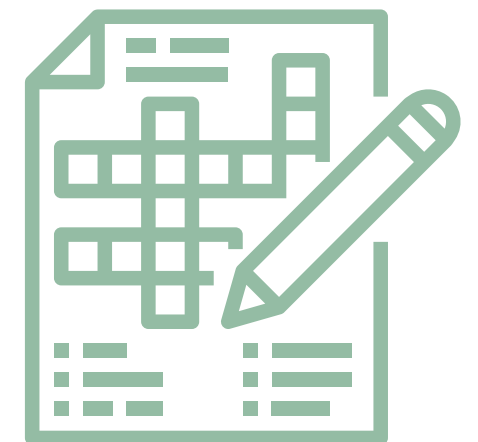


#SocialWorker

## How To: Mentally Shift Out Of 'Work Mode'



Channel your energy into something else at the end of the day. Try solving crosswords or work at improving a past-time.



Schedule (limited) time to think about work. Then, use this space to solve tasks or reply emails.