Take A Brake Eye Protection Notifications to give your eyes a Reminder to take a short brake 0 00 break from the bright screen in between your focus time • Grab A Drink Activate Your Body CALMINDER Notifications with links of short Notifications to grab a cup of 02 water to stay hydrated yoga videos to activate your your reminder for selfcare cardiac system at work Activate Your Mind Breathe Notifications with links of short Notifications to open up your 40 03 window or go outside for fresh meditation videos to becalm and air and new ideas aware of yourself

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