It's ok to... feel the way you feel
talk about how you're feeling
ask for feedback
have days off
have off days
go outside during work
switch off at the end of the day
not constantly check chat and emails
have screen breaks
say you're not comfortable with something
raise your concerns
be you
change your mind
say no

say no
have other things going on
forget things
have a meeting
not have a meeting
turn off notifications
block time out to think and reflect
approach tasks your own way
work flexibly
turn your camera off
take time off if you're not well
make mistakes
say you don't understand

ask for help

put yourself first

love what you do

