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

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

GDS