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

