



srProgrammer  @srprogrammer · 11h ...

Afogando minhas mágoas camarada....

Foda !!!!!



 19

 4

 281

 17,3k







Balancing remote work and self-care is essential. If you're looking for ways to relax or focus, remember that there are healthy alternatives, such as "taking it one step at a time" or "finding your own rhythm".



Experiment with relaxation techniques like meditation or yoga to ease stress.

Forge a structured routine, set daily goals, and embrace regular breaks for heightened concentration

Remember, nurturing your mental well-being unlocks enduring productivity and a fulfilling journey.



Are you taken on
far too much
work?
use our app!

**Remember that help is available. Contact
our psychological support service through
our website, and you can "talk it out" or
"seek guidance" during difficult times**





Reasons to use our app

Monitor the
progress of your
projects

Work in new
environments

Improve your quality of life

@superhealthy

