

Slack	
Channels	General
#excs	Bob
#general	Sally
#banter	Bob
#projects	Bob
	Bob

Bob sends a lot of messages in #general

SlackOffBot

Channels

#general MessageCount for week of 3/1/21

Sally: 5

Bob: 790

Grace: 20

MessageUpperLimit: 200

Bob surpassed limit -- --> Send Private message to Bob

SLACK	
Channels	SlackOffBot
#excs	Hey Bob, you're working really hard. Take a break! Here is a list of ways to de-stress:
#general	1. Go for a walk
#banter	2. Meditate
#projects	3. Watch Youtube
	4. ~~~~~

SlackOffBot sends DM to Bob with ways to de-stress.