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	General	1 >1	111	(((
Slack	Bab	Sally Bob	Bob	300		

Bob sends a lot of missages in Ageneral

SlackoffBot

Higheral Message Count for Week of 3/1/21
Sally: 5
Bob: 790 Channels

Message UpperLimit; 200 Grace: 20

Bub surpassed limit -- -> Send private message to Bub

	1	A
	Heir Heir	لما
	JBSD) you're yBsD) you're orking really has a list of way estress. Go for a walk of Health of the stress.	
7	LOPPROT Ly Bob, your sorking reall sorking reall sorking of Restress. 1. Go for a 1. Go for a	
SLACK	Channels slackOfficot Heybab, you're Heybab, you're Heybab, you're Heander rake a break! Here Hogers 15 a list of ways to derestress. 1. Go for a walk 1. Go for a walk 2. watch bottoe	
U)	5	
	Channels Stacks # Ganter # Lanter # Jones	

Slack OffBot sends DM to Bob with ways to destress.