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Don't miss your rest. Sleep on time. It's easy to lose track of time when you are working alone at home. Take frequent rests. Rub your palms together and place them over your eyes to rejuvenate them. Stretch and touch your toes. Do waist twists and a few gentle squats in between work. Walk away from your work station and gaze at nature for two-three minutes to realign your eye muscles that have been focusing on your laptop.

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