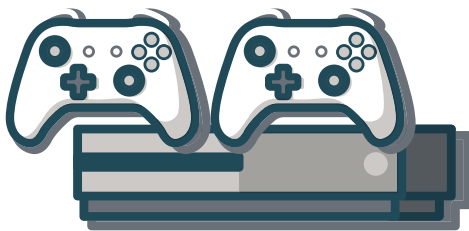


How to Stop Thinking About **Work** When You're **Not at Work**.

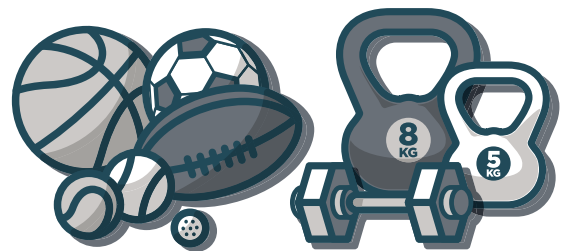
Here are **FIVE KEYS** to help you stop thinking about work when you're not at work, helping you to regain your sanity, one improved thought at a time.

- 1. Write down what's on your mind.

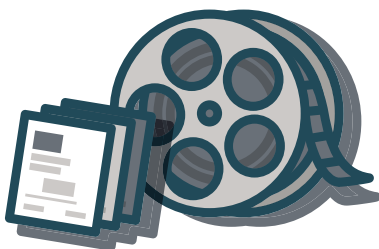
- 2. Play a video game.



- 3. Use Progressive Muscle Relaxation techniques.



- 4. Distract yourself.



- 5. Just say STOP!

