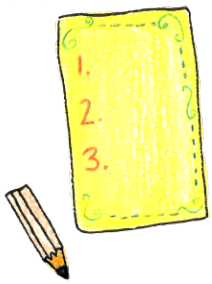
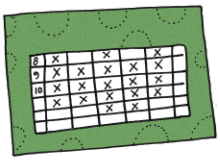
Mikä auttaa työarjessa?

Värinautit



☐ Listat

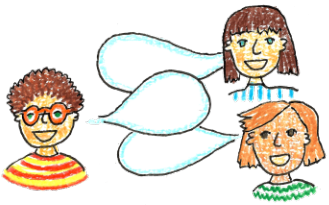
☐ Oma aika



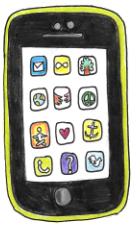
☐ Selkeät suunnitelmat

☐ Digialustat

☐ Musiikki



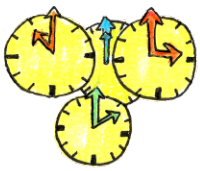
☐ Keskustelut kollegojen kanssa



☐ Sometauko

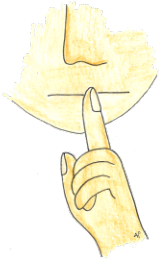
☐ Eväät

☐ Raitis ilma

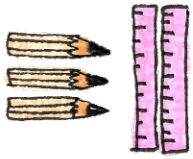


☐ Työajan rajaus

☐ Taukojumppa

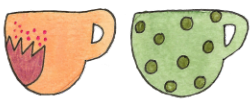


☐ Hiljaisuus



☐ Siisti työpöytä

☐ Kirjoittaminen



☐ Kahvi tai tee

☐ Läheisten kannustus