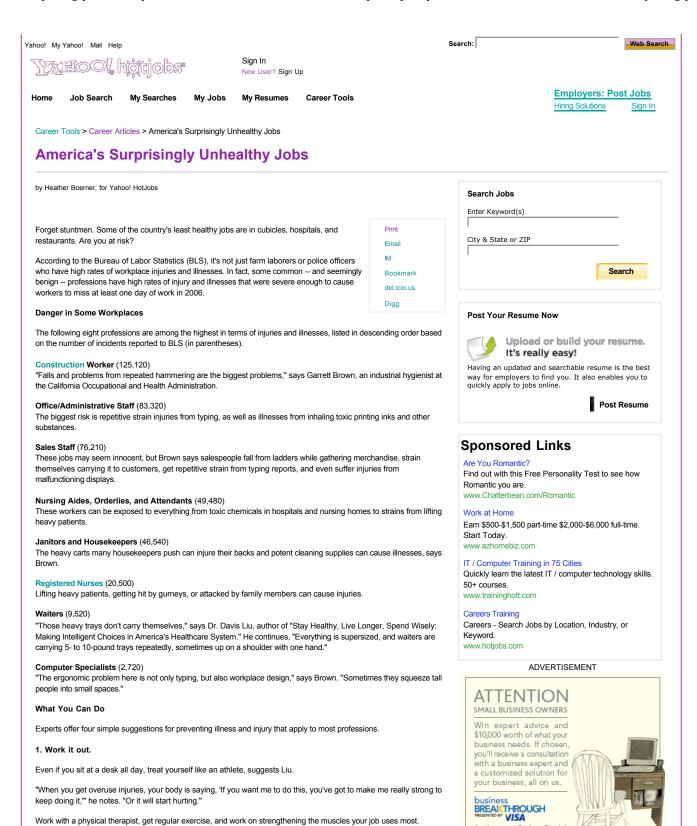
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2. Take breaks.

A lot of injuries result from not stretching or relaxing. Set a timer to go off every hour and take a break. Stretch shoulders, legs -- any body part that's constrained by your work, suggests Liu. Then do deep breathing to de-stress before returning to work

3. Double up.

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Other Helpful Tools

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