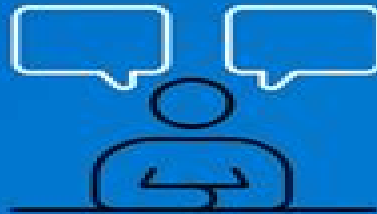


Mental Health Tips for the Lab



Take short breaks every 60–90 minutes to reset.

Build in buffer time between experiments.

Don't eat lunch at your workstation.

Speak up about workload –
advocacy matters.

**SMALL HABITS CAN CREATE
REAL IMPACT OVER TIME**

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