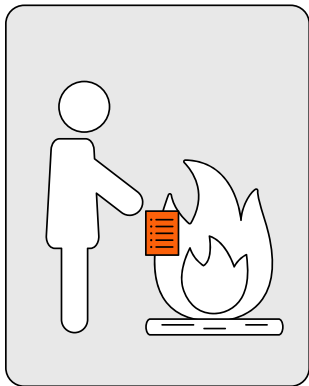


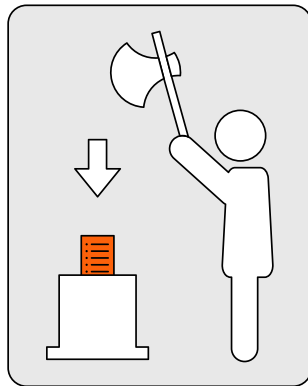
# How do you #FtheList?

micromass

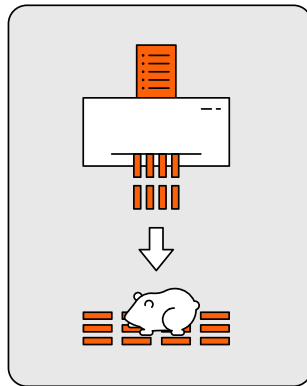
Your to-do list goes on and on. No matter how you #FtheList, be safe.



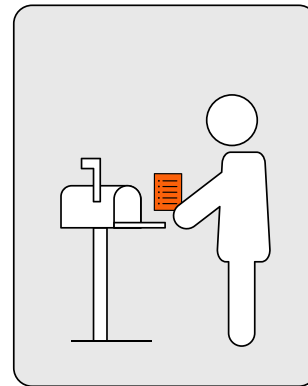
Burn it.



Chop it with an ax.



Shred it and use it as bedding  
for your daughter's hamster.



Mail it to your ex.

#FtheList

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# Do something for yourself

micromass

## It can be small

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We don't want you to quit your job or abandon your family. Just take a few minutes (or hours) to do something for yourself.

## It can be anywhere

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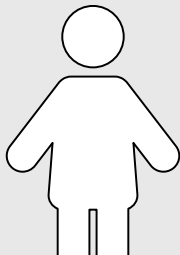
Go outside, hide in the garage, lock yourself in the bathroom—literally, the sky is the limit. Because yes, you can do a breathing exercise on a plane.

## It can be cheap

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You don't have to get a fancy facial—unless it's free, in which case it's a crime not to. Read a book. Go for a long walk. Squeeze the life out of your stress ball.

#FtheList



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