

# Toxic Workplaces: Minimize the Impact

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- \* Choose to grow
- \* Don't drink the poison
- \* DETACH, DETACH, DETACH!!
- \* Disinvest
- \* Choose a few new coping skills to develop
- \* Decide on a few shifts in attitude or thinking patterns that will help you
- \* Commit to enjoying your life again

