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Take a Break

productivity prɒdʌk'tɪvɪti

output 'aʊtpʊt

grinding 'grʌɪndɪŋ

frustration frʌ'streɪʃn

intervals 'ɪntəv(ə)lɪz

maximise 'mæksɪmaɪz

relieve rɪ'li:v

creative kri:'eɪtɪv

ought to 'ɔ:t tə

roughly 'rʌfli

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predominantly prɪ'dɒmɪnəntli

active 'æktɪv

meditation mɛdɪ'teɪʃ(ə)n

strain streɪn

switch swɪtʃ

concentrate 'kɒns(ə)ntreɪt

back bæk

hurts hə:ts

limited 'lɪmɪtɪd

wisely 'wɪzli