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My colleague Anita, has been diagnosed as suffering Occupation Overuse Syndrome, and her workload has had to be reorganised. I'm concerned about the amount of work I've been given since they hired the new temporary word processor, Helen, and I'm worried that I might develop RSI as well. I'm sorry that Anita is unwell, however now my work is really boring, as I'm doing the same thing over and over. On top of this, I'm constantly showing the new temp how to do her work, and I'm getting behind. Some days I've had to stay after work. I've had to miss going to the gym.

