Simplify the sentences below for better readability. (These sentences are unrelated to one another. Feel free to make assumptions about the context.)

Before	Revised
By seeking to understand our emotional triggers, we can more easily identify our reactions, seek clarity about what is going on, and nurture our mental health.	
You will find that you can become more productive and efficient by making these adjustments.	
When solutions and breakthroughs rely heavily on collective effort, performances of each collaborator are decisive for the ultimate outcome.	
Globalization and technological revolutions are reshaping workflows.	
What comes to mind when you think about where bullying happens?	
It does not only help to gain a better understanding of the voice, feelings, and interaction from others but also valuable to win the trust and give a proper response.	
Don't be too loud when you enter the room.	