From: noreply@microsoft.com
To: Lands, BLM_ES
Subject: [EXTERNAL] Message Rate Limit Exceeded
Date: Saturday, December 18, 2021 8:06:10 AM

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Notification: Message rate limit exceeded

Office 365

In the last hour, your mailbox has received a large amount of mail. For the next hour messages to your mailbox may be rejected by Office 365. The sender of the message will receive a Non-Delivery Report.

Mailbox receiving limits

You can view more details on our mailbox receiving limits here: Exchange Online limits - Service Descriptions | Microsoft Docs

Tips to reduce mail load

High mail load is often caused by automated mailers sending too much mail. If an automated mailer is sending your mailbox many messages you should configure the automated mailer to send the mail over a longer period of time, or configure it to send to multiple mailboxes.

DO NOT REPLY: this is an automated email.