

# Working in **uncertain times**

## ErgoBreak #13

For your physical and mental wellbeing, remember to take a break!

When you reset your mind, it's easier to focus and you're more likely get your work right first time.

### Upper Body Stretch II (Standing)

Relax your upper body muscles.

- Stretch your arms out in front of you and interlock your fingers
- Raise your arms above your head with your palms extended to the ceiling and elbows straight. Hold for the slow count of three
- Drop your arms to your side and relax
- Do this three times

It's little changes like this that make a world of difference.

