

Working in **uncertain times**

ErgoBreak #9

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 1 (Standing)

Relax your upper body muscles.

- Clasp your hands behind you head
- Slowly tilt your head back, pressing against your hands for a slow count of three
- Relax
- Do this three times
- Drop your arms to your sides and relax

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

