

Working in **uncertain times**

ErgoBreak #2

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.

Shoulder Rolls (Standing)

Relieve tension in your neck and shoulders.

- With your arms relaxed at your sides, lift your shoulders forward in a smooth, circular motion five times
- With your arms relaxed at your sides, lift your shoulders backward in a smooth, circular motion five times
- Do this three times

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

