

Working in **uncertain times**

ErgoBreak #7

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.

Eye Rests (Seated)

Relax your eye muscles and lubricate your eyes.

- Sit with your elbows on your desk and your head resting in your hands so that the palms of your hands gently cover your closed eyes. Do not press on your eyes
- Inhale deeply through your nose and exhale slowly through your mouth five times
- Remove your hands from your eyes and slowly open your eyes
- Blink several times

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

