

Working in **uncertain times**

ErgoBreak #12

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.

Neck Limbers (Standing)

Relax your neck muscles.

- Relax your head and shoulders. Tilt your head to the left. Straighten your head. Now drop your head forward. Straighten and tilt your head to the right. Straighten and let your head lean back. Straighten
- Continue tilting your head into those four positions, making sure to straighten your neck each time. Move smoothly, gently and slowly.
DO NOT ROLL YOUR HEAD AROUND
- Repeat three times
- Now reverse the direction starting with your head tilted to the right and move anti-clockwise
- Repeat three times

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

