

Working in **uncertain times**

ErgoBreak #4

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


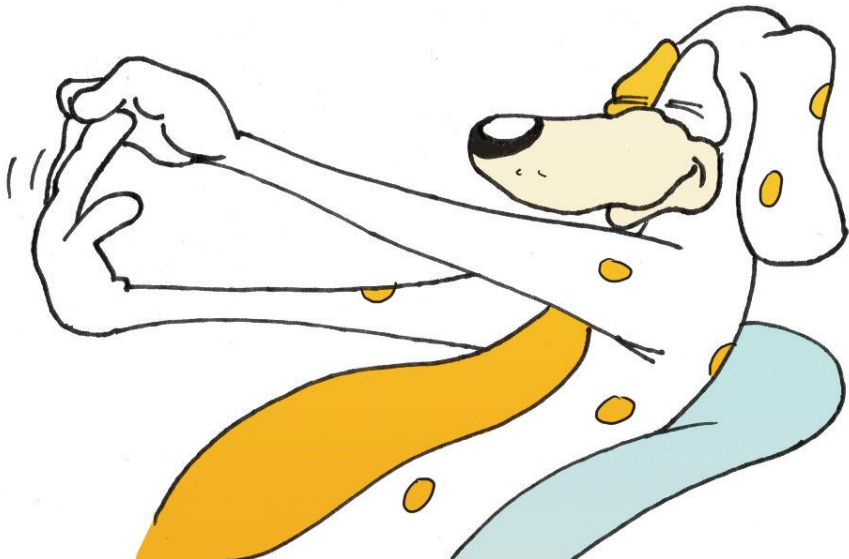
When you reset your mind, it's easier to focus and you're more likely get your work right first time.

Wrist Relaxers (Seated)

Relax hands and wrists.

- Drop your arms to your sides. Rotate your hands in a circular movement five times
- Rotate in the reverse direction five times
- Do this three times

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



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