

Working in **uncertain times**

ErgoBreak #8

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 Limbers (Seated)

Relax the eye muscles.

- Without moving your head, look up and down with your eyes three times and right to left three times
- Close your eyes. Relax to the slow count of three
- Open your eyes and blink rapidly for 5 seconds
- Close your eyes. Relax to the slow count of three

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

