

Working in **uncertain times**

ErgoBreak #6

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.

Finger Stretches (Seated)

Relieve tension in your fingers.

- Spread your fingers in both hands as far apart as possible. Hold for a slow count of three
- Relax by making a loose fist
- Do this four times

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



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