

Working in **uncertain times**

ErgoBreak #3

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.

Deep breaths (Seated)

Relieve tension and relax your whole body.

- Inhale deeply and slowly through your nose, letting your head and shoulders pull back naturally as you expand your rib cage
- Exhale slowly through your mouth, allowing your head and shoulders to relax forward
- Do this three times

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

