

Working in **uncertain times**

ErgoBreak #1

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.

Arm Stretches (Standing)

Promote increased blood circulation and relieve tension in your shoulders and arms.

- Raise your arms at your sides to shoulder height
- Keep your shoulders straight and rotate your arms forward in a circular motion five times
- Keep your shoulders straight and rotate your arms backward in a circular motion five times
- Do this three times

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

