

Working in **uncertain times**

ErgoBreak #10

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.

Ankle Rolls (Seated)

Relax your ankles and promote increased circulation in your legs, ankles and feet.

- Sit straight up with your arms at your sides and your hands holding the seat of your chair
- With your right leg extended and your toes pointed to the ceiling, rotate your foot outwards ten times. Rest your foot on the floor
- With your left leg extended and your toes pointed to the ceiling, rotate your foot outwards ten times. Rest your foot on the floor
- Do this twice

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

