

Working in **uncertain times**

ErgoBreak #5

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.

Hand Relaxers (Seated)

Relieve tension in your hands.

- Extend your right hand forward with your palm facing the floor
- With your left hand, gently pull back the fingers of your right hand and hold for a slow count of three
- Do the same with your left hand
- Repeat three times
- Place your arms at your sides. Gently shake out your hands to the slow count of five
- Do this twice

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

