

Working in **uncertain times**

ErgoBreak #11

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.

Limber Up (Standing)

Promote improved blood circulation.

- Stand up. Gently shake your arms and legs
- Move your arms in a swimming motion, reaching toward the ceiling to the slow count of five

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



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