

April

- > **Listen to soothing music**
Prevents stress.
- > **Hold the door for a colleague**
Kindness to others strengthens your mental health.
- > **Stand up for 10 minutes after lunch**
Stabilises your blood sugar faster after you eat.
- > **Alternate stretching your arms up towards the ceiling**
Increases the blood supply to the brain and muscles in the shoulders and neck.

Need help?

Are you experiencing persistent pain or mental anguish, and are you worried it may develop into sick leave? Call Velliv's Sundhedsrådgivning (health advice service) on 70 33 37 07.

