

August

- > **Share a great holiday experience with your colleagues**
A strengthened community enjoys better teamwork.
- > **Stand on your toes for one minute three times a day**
Increases blood supply to the brain and strengthens your focus.
- > **Bring a plant to work**
Seeing nature and plants increases wellbeing.
- > **Choose whole grains for lunch, e.g., rye bread**
It fills the stomach and prevents the afternoon slump.

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.

