

December

- > **Walk 100 steps on the spot**
All movement strengthens both the body and the brain.
- > **Prioritise the most important things for you and your colleagues**
Prevents Christmas stress.
- > **Do the stand-sit relay – when one person sits down, the other one stands up**
Provides varied work postures and strengthens your sense of community.
- > **Make Christmas a good time**
Keep it free and recharge.

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.

