

February

- > **Breathe very deeply 10 times – in through the nose and out through the mouth**
It increases your ability to concentrate and prevents stress.
- > **Go and talk to your colleague face to face instead of sending an email**
Active breaks improve focus and comradery.
- > **Take the stairs**
Improves fitness levels and recharges the brain for better concentration.
- > **Fill half your lunch plate with vegetables**
Vegetables taste great and strengthen your immune system.

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.

