

Happy at work all year round

“Happy at work all year round” focuses on activities that can increase your energy level during the working day as well as boost your health on physical, mental and social levels.

You get inspiration to strengthen your daily happiness at work every month. Inspiration to help each other try something new, break habits, get up out of the chair and boost energy and increase wellbeing in everyday life. Because it's easier and more fun when you do it together.

Velliv wishes you a really good working day



January

- **Go for a walk in the fresh air – stop and be completely still for a few minutes**
Your stress levels will reduce.
- **Drink a cup of water every time you drink a cup of coffee**
It fills up your stomach and prevents headaches.
- **Smile at others**
A real smile that reaches your eyes brings fresh energy –
not only to yourself, but also to the person you are smiling at.
- **Raise your height-adjustable desk at least once a day**
Movement strengthens both your ability to concentrate
and your health.

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.

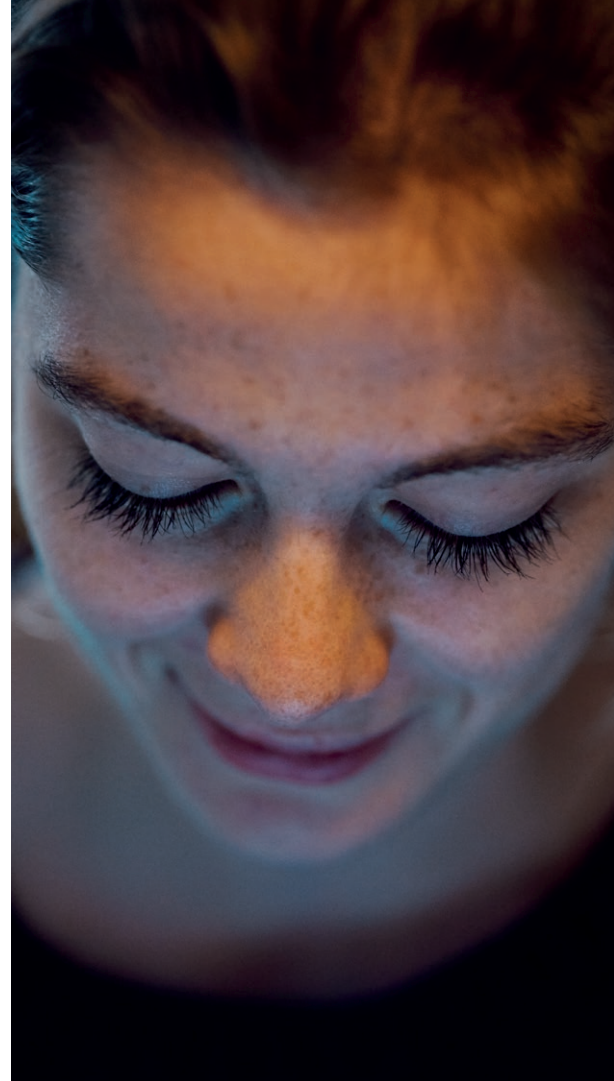


February

- > **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.

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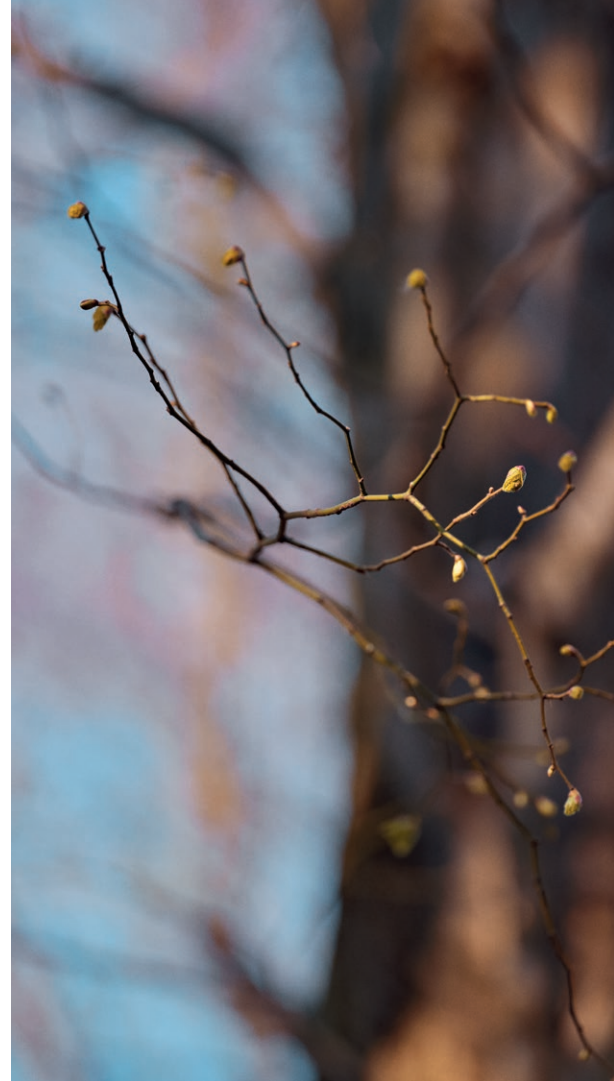


March

- **Get some fresh air by opening the window or taking a short walk outside**
Provides fresh energy to the body and brain.
- **Give your colleague a pat on the back**
Recognition for a job well done gives new strength.
- **Stand at celebrations**
Increases movement and enriches dynamics when you are together on a happy occasion.
- **Stand up for at least one-third of meetings**
Shortens meeting time and increases energy.

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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.

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May

- > **Ride your bike to work or even just some of the way**
Strengthens fitness and mental energy.
- > **Look out of the window for 40 seconds**
Recharges the brain and increases concentration.
- > **Hug a colleague who you know likes it**
Strengthens community and your sense of belonging.
- > **Start meetings with two minutes of silence**
Improves focus and efficiency at meetings.

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June

- > **Invite people to a walk-and-talk meeting**
Gives more energy and creativity.
- > **Spread joy**
Smiles and optimism are contagious and give energy.
- > **Stand on one leg when you're at the coffee machine**
Strengthens balance and recharges the brain.
- > **Keep your last day before going on holiday meeting-free**
Gives time to get an overview and calm down before going on holiday.

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July

- **Pick a bouquet of summer flowers on your way to the office**
Doing something good for others gives you more energy and bringing a bit of nature inside strengthens the wellbeing of both you and your colleagues.
- **Enjoy your lunch outside**
Getting outside and feeling the summer weather is a lovely sensation.
- **Do the standing-sit exercise**
Lean your back against a wall and bend your legs at a 90-degree angle. It strengthens your core and gives good overall energy.
- **Make the holiday season a good time in the office**
Allow for periods of immersion in work and cosy breaks. Agree with your colleagues when you're going to work and when you're going to take a short break.

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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.

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September

- **Get coffee, tea or water for your colleague**
Helping others promotes mental energy.
- **Look into the air without looking at anything specific for one minute**
Little breaks increase concentration.
- **Get up and sit down 20 times during the day – stand up straight each time**
Changing positions results in less back pain and more energy for your brain.
- **Share something fun, e.g., funny drawings on a wall**
Humour and having a good laugh strengthen life.

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Oktober

- > **Tell your immediate colleague what gives you energy at work**
Knowing each other better makes it easier to work together.
- > **Swing your arms around 10 times in the morning and afternoon**
It prevents pain in your shoulders and neck.
- > **Turn off notifications on your phone**
Having fewer disturbances increases concentration.
- > **Serve beetroot and orange juice for a spooky Halloween morning**
Surprises increase creativity.

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November

- > **Get fresh air and light by going outside**
Prevents fatigue and provides some vitamins to the body.
- > **End the working day with two minutes of silence**
Makes it easier to keep track of things and avoid excessive thoughts.
- > **Contribute positively to meetings**
Being positive gives both yourself and others a good working atmosphere.
- > **Stretch your back by leaning backwards a few times a day**
Strengthens balance and prevents back pain.

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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.

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