

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.

