

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.

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.

