

# 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.

## 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.

