

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.

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.

