

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.

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.

