

November

- > **Get fresh air and light by going outside**
Prevents fatigue and provides some vitamins to the body.
- > **End the working day with two minutes of silence**
Makes it easier to keep track of things and avoid excessive thoughts.
- > **Contribute positively to meetings**
Being positive gives both yourself and others a good working atmosphere.
- > **Stretch your back by leaning backwards a few times a day**
Strengthens balance and prevents back pain.

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.

