

Oktober

- > **Tell your immediate colleague what gives you energy at work**
Knowing each other better makes it easier to work together.
- > **Swing your arms around 10 times in the morning and afternoon**
It prevents pain in your shoulders and neck.
- > **Turn off notifications on your phone**
Having fewer disturbances increases concentration.
- > **Serve beetroot and orange juice for a spooky Halloween morning**
Surprises increase creativity.

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.

