

# September

- > **Get coffee, tea or water for your colleague**  
Helping others promotes mental energy.
- > **Look into the air without looking at anything specific for one minute**  
Little breaks increase concentration.
- > **Get up and sit down 20 times during the day – stand up straight each time**  
Changing positions results in less back pain and more energy for your brain.
- > **Share something fun, e.g., funny drawings on a wall**  
Humour and having a good laugh strengthen life.

## 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.

