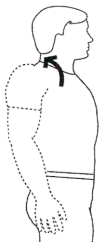


5 Things You Can Do TODAY To Feel Better at Work For FREE!

① Breathe.

Take some time to take some deep breaths. You will feel refreshed. We tend to hold our breath when concentrating or stressed.



② Wiggle.

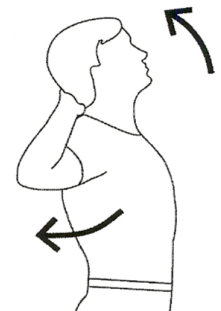
Roll your shoulders, wiggle your toes, roll your ankles or shift your hips. Any movement is good. We get engrossed in what we are doing and tend to hold still. Our bodies need movement for circulation.

③ Stand up.

Try standing up to read or talk on the phone. Changing positions frequently helps decompress your spine.

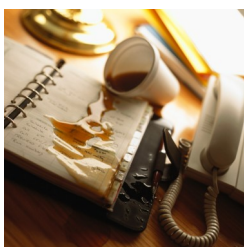
④ Yawn. Make it BIG.

Yawning, and the stretching we do while yawning helps get oxygen circulating through the body.



⑤ Limit caffeine.

Caffeine can take more than 8 hours to get out of your system. It reduces your body's ability to drop into the deep restful sleep we all need in order to feel rejuvenated and ready for the next day.



For more tips:
www.worksitehealthandsafety.com
240-912-9559