

# No pressure!

RELAX YOUR BREATHING. TAKE A FEW DEEP BREATHS - THIS WILL HELP YOU FEEL CALMER

PUT UP PICTURES ON YOUR DESK TO BRIGHTEN UP YOUR WORK AREA

CELEBRATE SUCCESS RATHER THAN FOCUSING ON WHAT YOU HAVEN'T BEEN ABLE TO ACHIEVE

LOOK FOR WAYS TO BE ACTIVE IN AND AROUND YOUR WORKING ENVIRONMENT. GO OUTSIDE AND HAVE SOME FRESH AIR DURING BREAKS. IF YOU WORK OUTDOORS, ENJOY A CHANGE OF SCENE

USE YOUR HOLIDAY ALLOWANCE. IT WILL HELP YOU UNWIND AND RECHARGE

TAKE REGULAR, SHORT BREAKS AWAY FROM YOUR DESK AND USE THEM TO BE ACTIVE. USE THE TIME TO WALK AND STRETCH

DON'T TAKE WORK HOME WITH YOU. USE YOUR SPARE TIME TO MEET YOUR PHYSICAL ACTIVITY TARGETS AND DO OTHER ACTIVITIES YOU ALSO ENJOY

in association with