

HAPPY BODY

AT WORK

Energy · Resilience · Performance

Mind Body Tips for Lifting your **ENERGY AND MOOD**

SIT A LITTLE LESS

- SIT LESS
- SHINE MY LIGHT
- GIVE MY BACK A BREAK



MOVE A LITTLE MORE

- GET ON MY FEET
- AIM FOR 10,000 STEPS
- HUFF AND PUFF



SLEEP A LITTLE BETTER

- SWITCH OFF ELECTRONIC DEVICES
- WIND MY BODY DOWN A LITTLE TO RELAX MY BRAIN
- GET MY PILLOWS COMFY



STRESS A LITTLE LESS

- CHECK IN ON MY STRESS SIGNALS
- HOW BUSY, BORED OR TIRED AM I?
- BREATHE!



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