



Getting active lowers your stress levels. It releases endorphins into your body which makes you feel better.

### 1. Take a lunchtime walk or jog

It will take your mind off work and relax and warm your tight, stressed muscles.

### 2. Walk your calls and emails

Moving helps you feel better so walk every chance you get.

### 3. Take steps

Use the stairs instead of the lift. Every bit of 'snackivity' you get helps to burn up calories and produces chemicals that reduce stress.

### 4. Drink more water

Your brain (and other organs) needs water to function properly, so drink lots of it.





### 5. Go home early

One day this week go home early, grab a ball and take the children to the park. Running around with your kids really puts your life into perspective.

### 6. Take part in a lunchtime activity

Go to a yoga class, do a few lengths at the local pool or join a work sports team – it'll be a great bit of team bonding.

### 7. Get your blood flowing

Stand up, take a few deep breaths, roll your shoulders slowly at first, then speed up to one rotation per second. Keep it up for a minute and feel your neck muscles warm up and relax.

