

## NO PROM THE CHARTERED SOCIETY OF PHYSIOTHERAPY

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

CHARTERED SOCIETY OF PHYSIOTHERAPY



DISCLAIMER: The activities suggested in this guide have been designed to cover a range of abilities and should not cause any harm. If you do experience any pain or discomfort, stop immediately and speak to a health professional such as a chartered physiotherapist or your GP.