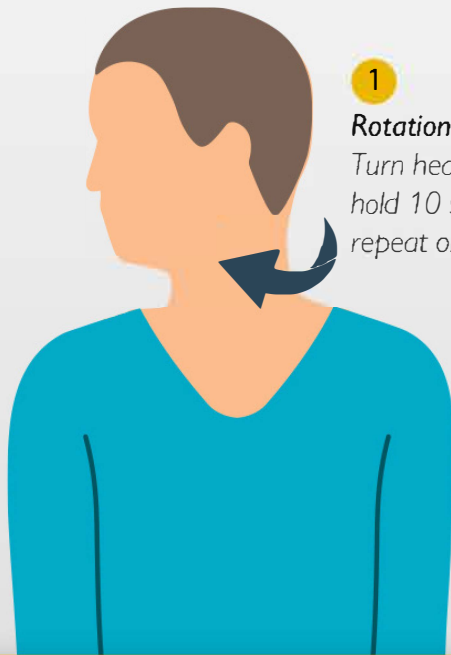


TAKE A SELF-CARE BREAK

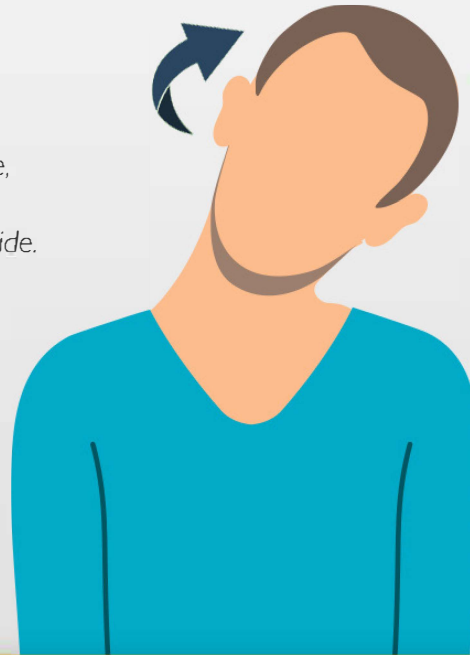
TRY SOME NECK STRETCHES



1

Rotation Stretch:

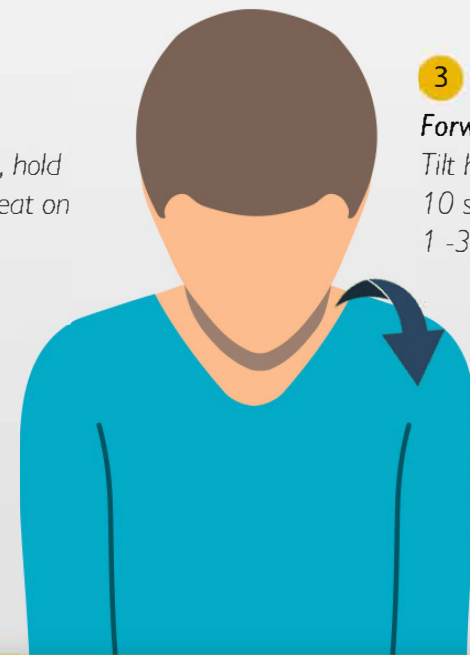
Turn head to one side, hold 10 seconds and repeat on the other side.



2

Side to side stretch:

Tilt head to one side, hold 10 seconds and repeat on the other side.



3

Forward stretch:

Tilt head forward, hold 10 seconds and repeat 1 -3 times.

For more self-care break exercises, visit: bit.ly/owbself-care

