

**Stay hydrated**

**Vary your tasks**

**press pause**

Taking short breaks at work is important for your wellbeing.

**Connect with Colleagues**

**Move your body**

Even a short five minute break can make a difference. Visit MedSpace for more info.

Developed by the Healthy Mind and Wellbeing Working Group.

**Medway Maker**

**Medway Health**  
WORKPLACES

**A BETTER MEDWAY**  
Easier ways to be healthy