

Look after yourself!

your Human Resources Development



A CLEAR HEAD AT WORK

www.personalentwicklung.uni-kiel.de



Did you:



...get some fresh air today?

Letting some fresh air in is good for the indoor atmosphere, reduces the number of viruses in the air and clears your head. Open the windows three to four times a day and enjoy the fresh Kiel breeze.



...speak honestly today?

Be clear and honest with yourself about what makes you feel stressed. Talk about your worries and tackle them head on.



...laugh out loud today?

When we laugh, our body and soul are effected – Laughing can reduce stress, relax and even release endorphins, what makes you feel happy.



...get some exercise today?

Movement creates balance. Stretch your neck carefully, rotate your shoulders or pop outside for a few minutes during your break.



...relax today?

Sit comfortably, relax your muscles, take several deep breaths in and out, slowly. Concentrate on your breathing. Then start thinking about what you were working on again.



...drink plenty of water today?

Every day, your body needs at least 1.5 litres of water to prevent tiredness, problems concentrating, headaches and reduced productivity. Make sure you drink enough.



Look after yourself!

Looking after yourself means living for the moment. Enjoy the little things and take good care of yourself. You are important - to Kiel University as well.

Best wishes!
From the HR Development