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