**Daily Exercises that you can do anywhere!**

There are so many ways to incorporate regular self-care into your day:

Try an activity to something that you do regularly that doesn't require a lot of brainpower, and it will become a regular habit before you know it. For example, while showering, brushing your teeth, or waiting for the kettle to boil or your computer to shut down, you could do any of the following:

* Stand on one leg or on tiptoes
* Dance
* Shrug your shoulders forst forwards and then backwards to release tension
* Squats – any kind
* Close your eyes and focus on breathing (breathe in for 8 seconds and out for 10)

Start off for the first time doing just a few repetitions (maybe just 5-10) of the tip toes exercise and shoulder shrugs and squats and then gradually increase each day to whatever you are comfortable with.

You should also make sure that you have plenty of drinks throughout your working day, including water. Not only is hydration very important for concentration and general good health, but will also ensure that you at least take a break from your workstation/chair to visit the toilet!