



Take regular rest breaks
(Especially when driving)



Rest and
recover



Eat Healthy (Low GI)



Go for a short walk
in rest break or
when on phone



Do regular
exercise



If you need help with stress or
lifestyle issues, talk to your
supervisor, doctor or a friend



Get plenty
of sleep



Sip water
regularly



Reduce Alcohol intake
before bed



Reduce Caffeine intake
before bed