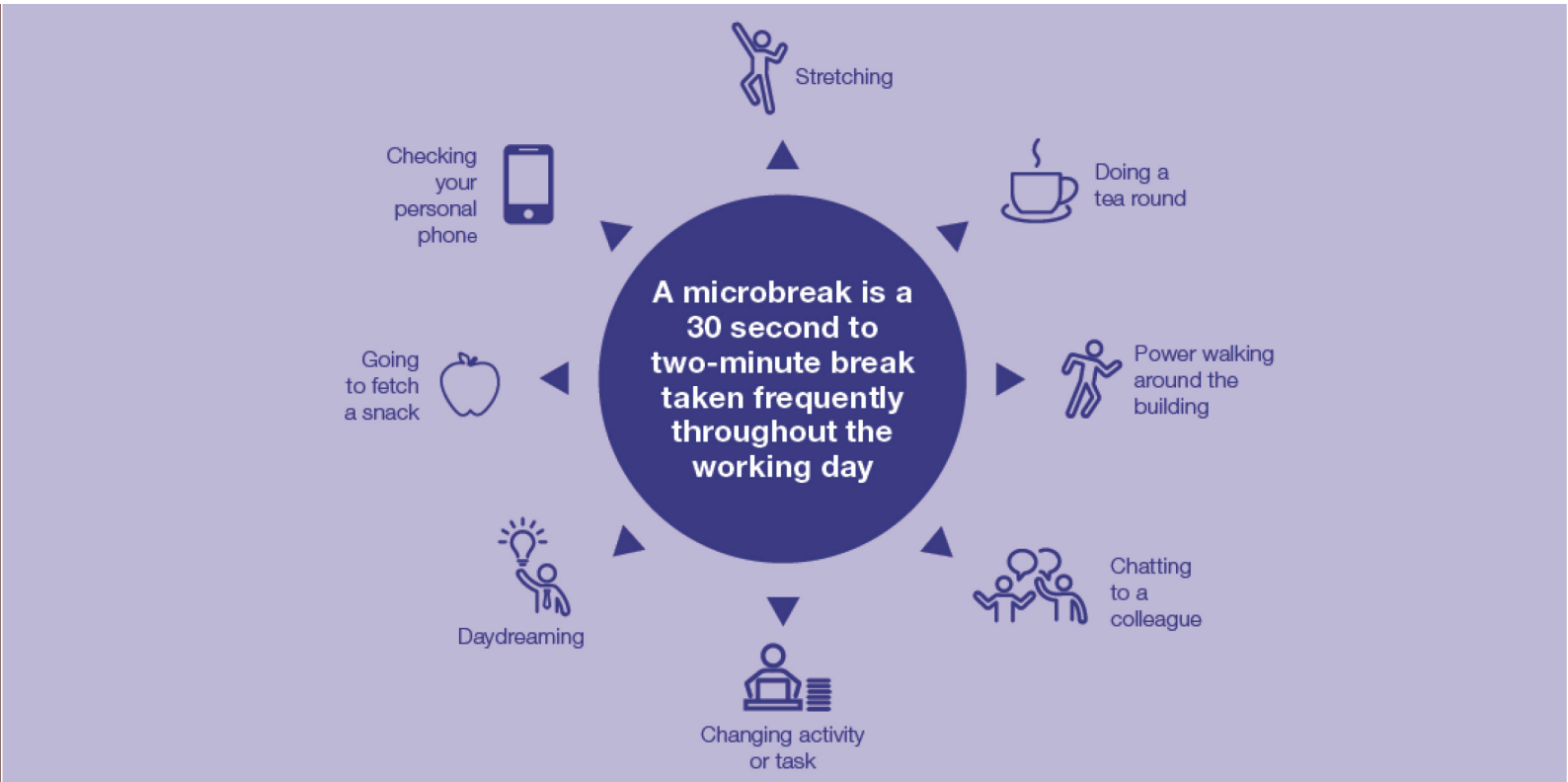
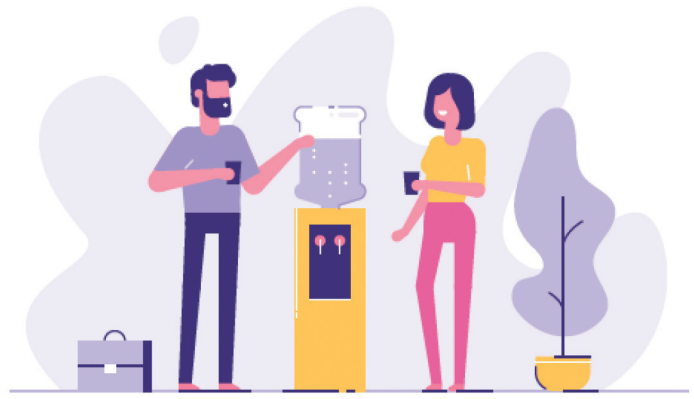


## The benefits of taking microbreaks



## There are plenty of reasons to take regular microbreaks

- Gives your brain a rest
- Increases accuracy
- Increases oxygen and blood circulation
- Disrupts poor postures
- Allows time to process memories
- Avoids mental and physical fatigue
- Improves engagement
- Boosts feelings of positivity
- Lowers risk of aches and pains

In order to support staff through this difficult time the Council has introduced a Wellbeing helpline for RCT employees, Elected Members and Core partners. The wellbeing helpline can offer the following support: You can also access the Wellbeing Helpline service by either emailing [WellbeingHelpline@rctcbc.gov.uk](mailto:WellbeingHelpline@rctcbc.gov.uk) or calling any of the following numbers:

- |                         |                         |
|-------------------------|-------------------------|
| Craig - 07384 910 525   | Carys - 07384 910 491   |
| Sian - 07384 910 524    | David - 07384 910 487   |
| Kylie - 07799 116 571   | Emma - 07769 164 673    |
| Luke - 07824 496 496    | Ann - 07880 044 475     |
| Mikaela - 07557 573 813 | Corinne - 07385 086 111 |
| Nikki - 07384 910 488   | Gareth - 07385 086 789  |
| David - 07384 910 527   | Angelea - 07385 086 830 |