

tu **salud** 
nos mueve

Keys to emotional health at work

Take care of your overall well-being during the week and enjoy every day!



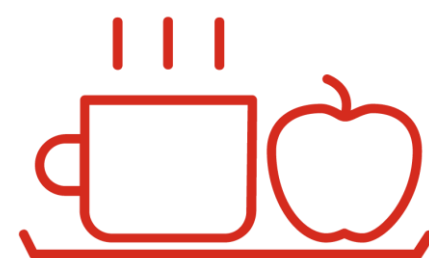
Sleep the
recommended
hours



Do
exercise



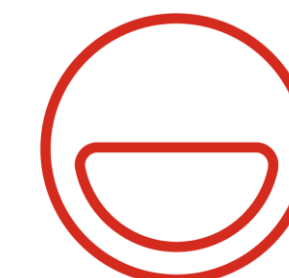
Drink water
throughout the day



Have a
**complete
breakfast**



Listen
to music



And don't forget to
**do something you
really enjoy!**

