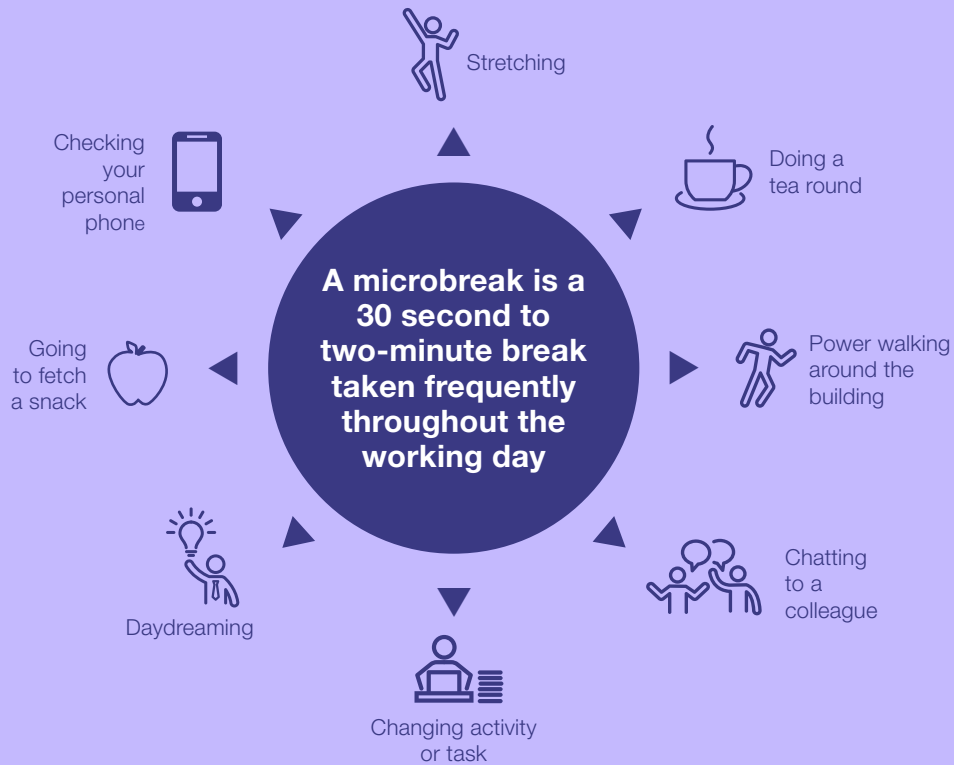


# The benefits of taking microbreaks



## There are plenty of reasons to take regular microbreaks



Staff should feel able to take microbreaks without fear of judgement. This is all part of creating a positive agile working culture. Find out more about how we can help by visiting [posturite.co.uk/agile-working](https://posturite.co.uk/agile-working)