

WHEN USING SMART DEVICES, THIS IS HOW TO AVOID NECK TENSION:

TAKE BREAKS FROM SITTING AND STAND UP A FEW TIMES AN HOUR.

VARY YOUR WORKING POSITIONS: REMEMBER THAT THE BEST POSITION IS THE NEXT ONE.

AVOID USING SMART DEVICES FOR LENGTHY PERIODS AND OPT FOR VOICE MESSAGES EVERY NOW AND THEN.

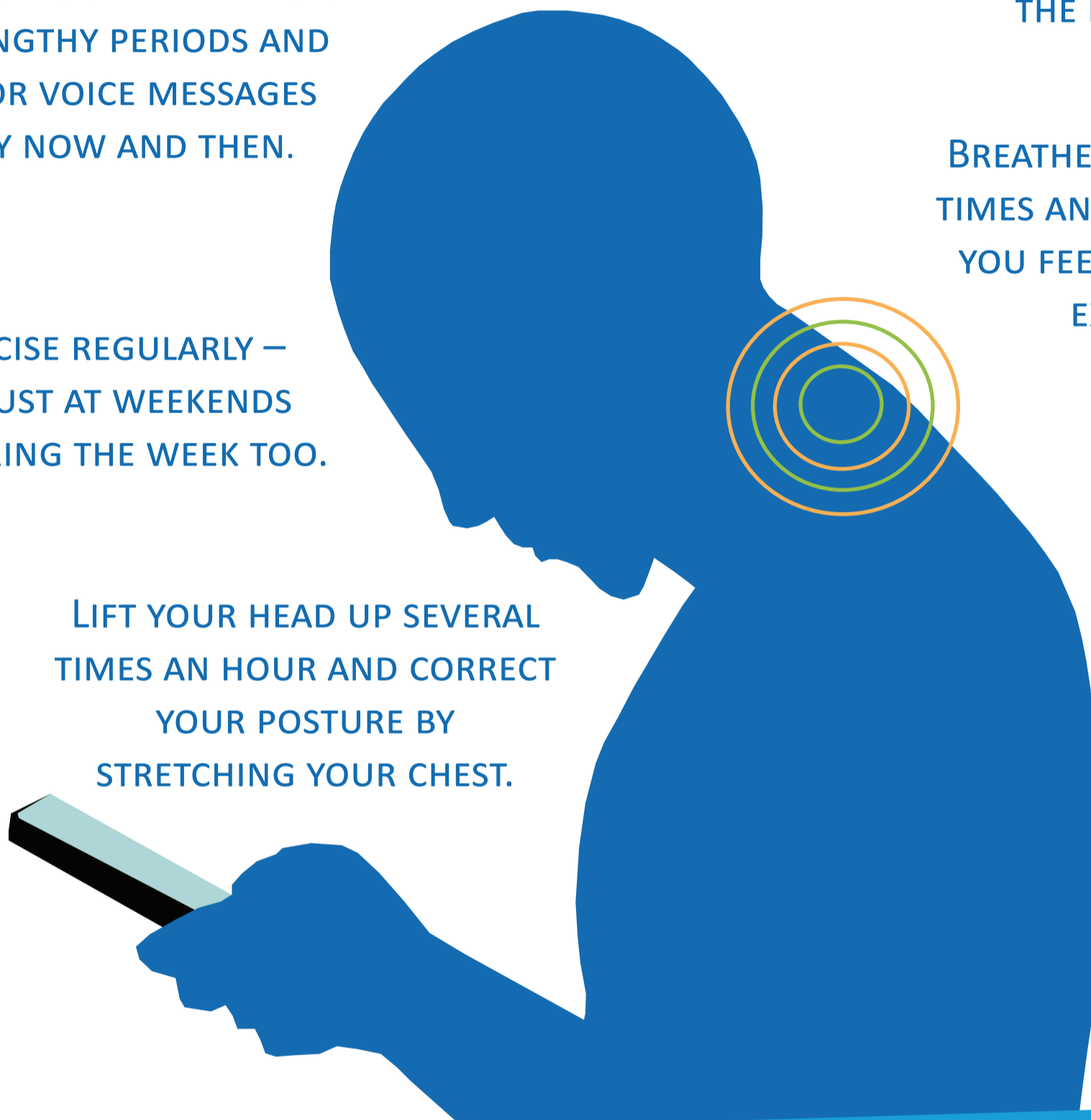
BREATHE DEEPLY A FEW TIMES AN HOUR SO THAT YOU FEEL YOUR CHEST EXPAND.

EXERCISE REGULARLY – NOT JUST AT WEEKENDS BUT DURING THE WEEK TOO.

MEET PEOPLE AND FRIENDS FACE TO FACE.

LIFT YOUR HEAD UP SEVERAL TIMES AN HOUR AND CORRECT YOUR POSTURE BY STRETCHING YOUR CHEST.

TAKE DRINK BREAKS.



HEADS UP!

ACCORDING TO THE LATEST UNIVERSITY STUDENT HEALTH SURVEY (KOTT 2016), APPROXIMATELY ONE IN EVERY THREE STUDENTS EXPERIENCE WEEKLY SYMPTOMS IN THE NECK AND SHOULDER REGION AS WELL AS THE UPPER BACK. SOME ALSO SUFFER FROM HEADACHE. IN ADDITION, A THIRD OF THE SURVEY PARTICIPANTS REPORTED TEETH GRINDING, WHILE AT LEAST ONE IN FOUR EXPERIENCE WEEKLY HEAD PAIN IN THE TEMPLE, JAW JOINTS, FACE OR JAWS.

What is the simplest way to improve your well-being today?

WWW.YTHS.FI/EN/HEADSUP



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FINNISH STUDENT HEALTH SERVICE