

5 EFFECTIVE BREAKS

The best ways to recover from stress



1 Movement

Something is better than nothing (Aim for 30 mins/day)

Stretch and limit time spent sitting

Endurance and strength training improve brain function

- Online exercise videos
- Walking/jogging (outside/treadmills/march in place)
- Microbreaks
 - o Up/down stairs, push-ups, etc.
 - o Plyometrics (jump training)
 - o Play - races, trampoline, dance parties



2 Stillness

Something is better than nothing

Ability to turn inwards

Enhances productivity, creativity and health

Better sleep

- Sitting in nature
- Unplug
- Meditation apps



3 Nature

Being in nature has consistently shown to reduce stress

The mere sound of nature reduces heart rate

Looking outside to nature is helpful

- Work area with a view/natural light
- Walking, running or playing in nature
- Sit outside on a patio/deck/in a park etc.



4 Connection

Fundamental and innate human need

Most strongly linked to short and long term health

Creativity sometimes required

- Consciously seek out connection (internal & external)
- Giving - gifts, volunteering, attention
- Therapy



5 Time Alone

Connect with yourself

Build self-awareness of when alone time is needed

- Music
- Art
- Reading
- Learning

The most effective breaks are those that include more than one of the above e.g. a walk in the park with a friend, painting in the garden, shovel your neighbours sidewalks etc.