

## TOP 10 WAYS TO TAKE A GOOD BREAK

Taking a break can be easy, but it comes with practice!  
*Can you take back the break today?*

1. Get up and speak to colleagues rather than phoning or emailing them.
2. Make a drink - coffee, tea, or even filling up your water bottle. Then sit and enjoy it!
3. Take the opportunity to use the stairs (even if it's to the bathroom!).
4. Listen to a soothing song or piece of music.
5. Get together with your colleagues for a quick crossword session during a quiet period.
6. Try at-desk stretches: arm-behind-head tricep stretch, neck rotations, torso twists.
7. Try at-desk exercises: heel lifts, toe lifts, thigh and buttock squeezes.
8. Take 2 minutes to call your spouse, parents, or grandparents to just say hello and that you're thinking about them!
9. Schedule a timer to take a break in the mid morning, mid afternoon and evening.
10. Go for a stroll with someone after dinner.

Source: <http://www.juststand.org>

