

# NOVEMBER

## - MIND BREAK

Take a moment for a deep breath before it all burns down.

Short breaks and active breathing can work wonders in an otherwise busy workday – just 1 minute can make a significant difference. Take the time to feel your body and find your calm.

**CREATE SOME SMALL BREAKS THROUGHOUT THE DAY WHERE YOU GIVE YOUR BRAIN SOME REST.**

1

### **Stretch and move your body**

- Stretch your body and take the time to feel how tension is released, renewing your energy.
- Move your body to increase oxygen flow to the brain and achieve more calmness.
- Take a look at our “3 exercises for more calmness in your workday” poster.

2

### **Conscious breathing:**

- Take deep breaths and feel how tension and stress leave your body.
- Try the 4-7-8 breathing method, as described in the “3 exercises for more calmness in your workday.” to bring more calmness to your body through your breath.
- You will achieve improved concentration, more energy due to increased oxygen intake, and overall relaxation in the body.

3

### **Give your brain a break:**

- Find a suitable time during the day for a pause.
- Allowing yourself the time to connect with yourself and how you're feeling.

Remember that your workplace has invested in you. Therefore, you both share a common responsibility to create the best possible working conditions.