Take a Break for Health

No matter how you spend your time, relaxing and recharging helps manage stress and life's challenges. Pausing also makes room for new ideas.

Stand Up
Do something else if you have been sitting for a while.

Move Your Body
Aim to exercise at least 30 minutes on most days.

Enjoy Mother Nature
Go for a walk in the park or meditate while sitting under a tree.

Practice Mindful Awareness
Bring your attention to the present moment and to your breathing for 2-5 minutes. Focus on how your body feels, on the inside and the outside.

Taking a pause may also reduce your risk of overuse injuries that occur when you lose focus on what you're doing.