

The Power of



*Pause*

- **Stress interferes and alters:**
  - **Cognition**
  - **Attention**
  - **Memory**
  - **Mood**
  - **Anxiety**



## **Stress also...**

- **Changes your brain and how it functions.**
- **Increases inflammation, affecting heart health.**
- **Is associated with chronic diseases of the brain and heart.**

**The Best Medicine??**

**TAKE A BREAK!!!**

**BA**



**Side Effects May Include:**

- Relaxation
- Increased productivity and focus
- Improved memory to retain information
- Nervous System regains balance
- Revitalized mind and body
- Reduced risk of Heart Disease
- Decreased risk of injuries caused by lack of focus or overuse

“Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as vitamin D is to the body...”

*-Tim Kreider, The New York Times*



# How to...*Pause*...

*"Settle your body with coherent breathing, meditation, movement and rhythm."*

*-Cara Bradley*

- Work in Small Bursts

- Set a timer for 25 minutes. When it goes off, take a 5 minute break.
- Do this 4 times, and follow it up with a 30+ minute break.

- 90 Minute Block

- Break up your work into 90 minute blocks followed by a 20 minute break

- 52-17 Method

- "a study found the most productive people work for 52 minutes, and break for 17 minutes...working with a purpose"



# How to...*Pause*...

- 15 Minute Breaks

- 2 per day – Mid-morning and mid-afternoon.



## Take a Vacation!

- That's right! The ultimate break!! Use those vacation days and leave work at work.

A group of people are sitting in a circle on a light-colored wooden floor. They are leaning forward with their hands flat on the floor, palms facing up. The image is semi-transparent, allowing the text to be overlaid. The people are wearing various casual clothing, including tank tops and long-sleeved shirts. The overall atmosphere is one of a group activity or workshop.

# Make the Most of Your Break

- Take a walk or just spend time outside in nature
- Have a snack
- Read (non-work related materials)
- Coffee Break (consider decaf or herbal tea)
- Daydream – proven to lead to creativity!
- Doodle
- Listen to Music
- Take a nap!
- Exercise
- Talk to friends or coworkers
- Meditate

# References

- <https://www.mindful.org/the-power-of-pause/>
- <https://www.health.harvard.edu/mind-and-mood/protect-your-brain-from-stress>
- <https://www.health.harvard.edu/heart-health/mindfulness-can-improve-heart-health>
- <https://www.psychologicalscience.org/news/releases/rest-is-not-idleness-reflection-is-critical-for-development-and-well-being.html>
- <https://www.sciencedaily.com/releases/2016/09/160928153541.htm>
- <https://open.buffer.com/science-taking-breaks-at-work/>
- <https://www.scientificamerican.com/article/mental-downtime/>
- <https://thriveglobal.com/stories/how-the-power-of-the-pause-can-change-our-life/>

By Corporate Fitness Works Team Leader: Lydia Schneider

