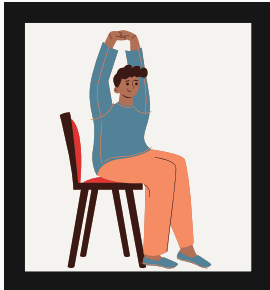
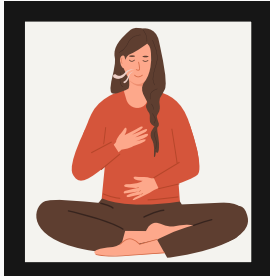


Micro Breaks

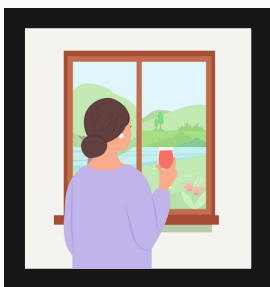
Micro breaks are short, quick pauses or activities that can help you refresh and recharge mentally and physically during periods of work.



Perform a quick full body stretch.



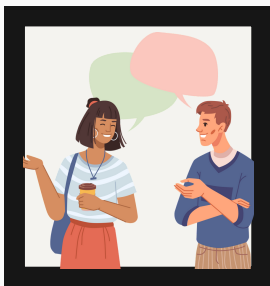
Relax your mind and body with deep belly breathing exercises.



Take a 20 second break to focus on an object 20 feet away, every 20 minutes.



Increase blood flow with desk exercises like seated calf raises, desk push ups, and leg lifts.



Chat or grab a coffee with a colleague to take your mind off work momentarily.