

What break do you need?

Take **15 min.** to relax.
Your body and mind will thank you for it!



Change of location

Breaks at your place of work or study are not very relaxing. It's better to go outside, get some fresh air and enjoy the daylight.



Move away from the screen

If you spend a lot of time looking at screens, you should give your eyes a break. Change your focus and look into the distance.



Create a balance

Do you sit a lot? Get moving. You move a lot? Take a rest. You work alone? Meet up with others. Is there always a lot going on around you? Find a quiet spot.



Set boundaries

Rule 1: Do not discuss work or unit topics during the break.
Rule 2: Don't do any activities that require you to overcome your inner resistance.
Ticking off short to-dos in the household or similar is okay.



Why take a break at all?

breaks...

- ✓ ...motivate
- ✓ ...increase concentration
- ✓ ...improve work performance
- ✓ ...prevent tiredness
- ✓ ...relax the muscles



If there is no conscious break, there are **hidden breaks**: a quick look at your mobile phone, doing private things during working hours - **these breaks are not relaxing and still cost time.**

