

the 5 minute break

5

5

the 5 minute break

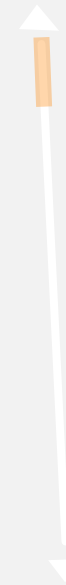
what is it?



The 5 minute break: it's exactly what it sounds like. Five minutes of doing something different from your current activity. Most effective when taken once every hour or two.

It may not sound like that much time, but you would be surprised to see what difference it could make to your overall wellbeing.

So if it's only five minutes, then what's stopping people from taking this crucial rest? There are lots of reasons for why people don't



the 5 minute break

THE BENEFITS

5

keep attention focused on tasks
decrease stress levels
relax the muscles
refresh creative energy
boost your immune system
get better sleep
you'll look better!
work more efficiently
help you be nicer to people
increases concentration

5

the 5 minute break



go for a short jog

Get up and get moving! Changing your environment for a while can help rejuvenate your creativity!



want more break ideas?
check out our 5 minute break **idea cards!**



the 5 minute break

WANT TO TALK?



share your thoughts!

> **favorite break benefits?**

> your best break idea?

> **share break stories!**

... more discussion threads

Michelle: My coworkers and I started

started doing quick jogs up the stairwell at work...
change of scenery and good for the body!

started learning how to draw...
I'm getting pretty good at it too!

overworked: Michelle, that's an awesome idea..
my coworkers do something similar, except we tr

NICKNAME: denise

COMMENT: i love to cook, so lately when i have some free
time i've been looking through my mom's old cookbook
and making

SUBMIT



the 5 minute break



FUN AT WORK MORE ON BREAKS HEALTH

stress-solutions.com — site on solutions for battling stress

livedev.net — site on personal development

lifeclever.com — tips for design and life

advancedergonomics.com — on giving rest to your body

webmd.com — information for better health

mayoclinic.com — information for snacking healthy

better-body.biz — information on keeping healthy