

# Brain Break



## Feeling frustrated? Losing focus?

IT'S BRAIN BREAK TIME!

Set a kitchen timer or device for 2-5 minutes.

Now stop your work and...

- get up and move, stretch, dance, listen to music; or
- go outside and breathe in the fresh air; or
- get a drink of water and if you like, a healthy snack.

All these can refuel you and help you focus better.

**NOW RETURN TO WORK!**