Take a Break

Working for long stretches without a break can lead to stress and exhaustion. Taking regular breaks refreshes the mind, replenishes your resources and helps you be more productive. This can restore motivation and enhance creativity. Here are some ideas to utilize your break.

Change your environment

If you are working remotely or in an office, it is important whilst taking a break to leave your work environment. This will help you to rest then refocus before continuing with your day.

Exercise

Scheduling in a break to exercise can lead to increased motivation and focus to help you get the most out of your day. Check out our daily 15min stretch breaks at 10.30am that are designed to help you release tension from your hips, back and shoulders.

Enjoy a healthy lunch

Take time to enjoy your lunch to recharge your mind and body.

Meditate

Making time to meditate can calm the mind and give you clarity to take on the day ahead. Every Monday, Wednesday and Friday at 10.00am we have a 20min guided meditation that empowers mindfulness, breathing and meditation techniques that will leave you feeling calm, centered and renewed for the rest of your day.