FOUR EASY EASY WAYS TO
Reset & Recharge
AT WORK

If you can get a break, take a break

Anything is Better than nothing. Breaks make us smarter, sharper and safer. Skipping them does just the opposite

Take a 10-20 minute nap

"Sleep inertia" which is impaired cognitive and sensory functioning upon awakening, kicks in after 20 minutes or more of sleep. Quick naps in the middle of long call shifts can be powerful for improving cognitive function and mental clarity

Add restorative elements to your break

• Walking is better than sitting

• Taking a break with someone you enjoy being with is better than solo

• Outside (even if it is viewed through a window) is better than inside

• Avoid talking about work during your break

Allow yourself to reset throughout the day

The way your day starts, or a tough patch in the middle, doesn't have to set the tone for the rest of the day. Give yourself the freedom to reset.

One way to reset is to sit quietly and breathe in for a count 4 and out for a count of 8. Even doing this for one minute will positively impact your heart rate, blood pressure, and sense of well being.

Remember you are worth taking care of!

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