



# Mindful breaks

---

Taking regular mindful breaks (before you need one) keeps us resourceful, creative and productive throughout the day – instead of feeling completely wiped-out and exhausted at the end of the day. Set your alarm after 60 or 90 minutes and ensure you make time for regular breaks.

Here's some ideas for what you can do in your mindful break:

**Step to the window or garden:** take three conscious breaths and look at the sky, really look at the formation of the clouds or the different shades of blue.

---

**Spend time in nature:** walk around the block or go for a 20-minute stroll in your local park – movement and nature are good for us, it clears the mind, grounds us in the body and connects us to the wider world around us.

---

Throughout the day **notice some good and enjoyable things** such as bird song, warmth of the sun, the blossom or flowers in your garden or street, the taste of a nice cup of coffee, a healthy meal, stroking your pet, a moment of play with your kids, laughter, a call from a dear friend, the smell of cake... notice the good to foster wellbeing and resilience.

---

**Wash your hands mindfully:** turn washing your hands into a mindful moment; invite your awareness to the sensation of the water and the soap on your hands, the temperature of the water on your skin.

**Mindful movements:** when you spend the day mainly sitting at your desk, get up regularly and refresh your body: lift your hands above your head and point your fingertips to the ceiling, give your whole body a good stretch; do some shoulder rolls forward and backwards; some neck rolls paying attention to the sensations in your neck; do some hip rotations; shake your whole body at the end of the sequence - legs, arms, upper torso.

---

**Watch the kettle boil:** when making yourself a cup of tea or coffee, pay attention to the sound of the water beginning to boil, notice the steam, the sensations of your arm and hand when pouring the water into your mug.

---

**Have a mindful cup of tea or coffee:** sit in one of your favourite places at home and enjoy your drink for 10-15 minutes; it's precious time to restore, relax the mind, take a broader perspective on things.

---

**Eat a snack or main meal mindfully:** without doing anything else while eating, focus the mind on what you eat and its taste. *Enjoy.*