Micro-breaks

Two-minute breaks to take several times a day.

You do not need a holiday to recover from stress. Short breaks, taken often, stop pressure from building. Two minutes every hour or so does more than one long break at the end of an exhausting day.

Breathe
Six slow breaths, with the out-breath longer than the in-breath.

Move
Stand, stretch, roll your shoulders. Walk to the window or up the stairs.

Look far
Rest your eyes on something in the distance for a minute. The sky, a tree, the end of the street.

Step outside
Daylight and fresh air for two minutes, even in the rain.

Drink water
Slowly, away from your screen.

Unclench
Drop your shoulders. Loosen your jaw. Open your hands.

Do one thing slowly
Make a cup of tea and do nothing else while you drink it.

Connect
A short chat with someone about anything that is not work.

Making them happen

- Attach a break to something that already happens: after a call, before opening email, when the kettle boils.
- Set a quiet reminder for the first week.
- Take a proper lunch break, away from your desk, most days.
- Do not use breaks to check your phone. That is more input, not rest.

When in my day	The break I will take

After a week of this, what do I notice by the evening?

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