

Five Kinds of Restorative Breaks

From [*WHEN: The Scientific Secrets of Perfect Timing*](#) by Daniel H. Pink

1. Micro-breaks.

“A replenishing break need not be lengthy. Even breaks that last a minute or less—what researchers call micro-breaks—can pay dividends.”

20-20-20 rule – Consider giving your eyes a break from the computer screen every 20 min and focusing on something 20 feet away for 20 seconds

Hydrate - Consider getting a very small water bottle so that when it runs out frequently you can get up to refill it and that way you move, hydrate and take a micro-break.

Wiggle your body to reset your mind - you can stand up for 60 seconds and shake arms and legs, rotate your core and then sit back down.

2. Moving breaks.

Since our lifestyle/work is quite sedentary, “build more movement into your breaks.” *Take a 5-min walk every hour*

Office yoga – you can do yoga poses at your desk *Push-ups*

3. Nature breaks.

“Study after study has shown the replenishing effects of nature. What’s more, people consistently underestimate how much better nature makes them feel.”

Walk outside – e.g in a park, take the dog out

Go outside

Pretend you’re outside

4. Social breaks.

“Don’t go it alone. At least not always. Social breaks are effective, especially when *you* decide the who and how.”

Reach out and touch somebody - calling someone and catching up for five or ten minutes

Schedule it - plan to walk regularly or grab coffee with some colleagues that you like

Don’t schedule it - if your calendar won’t allow for it. “Buy someone a coffee one day this week. Bring it to her. Sit and talk about something other than work for five minutes.”

5. Mental gear-shifting breaks.

“Our brains suffer fatigue just as much as our bodies do.”

Meditate (doesn’t have to be long, 3 minutes will do),

Controlled breathing - (45 seconds)

Lighten up - listen to a funny podcast, read a joke book, jam out to a song, watch a funny video.

*These were shared by Dr. Daniel Murphy during the Stanford Well-being Director Course, from [*WHEN: The Scientific Secrets of Perfect Timing*](#) by Daniel H. Pink. This information is for information purposes only and is not an endorsement or recommendation from the course or center.*