



B R E A K A T H O M E

Incorporating these self-care breaks into your work-from-home routine can help maintain your physical and mental wellbeing, making your workday more enjoyable and productive.

1) **Stretch and move:**

- **Mini Workout:** Perform quick exercises like jumping jacks, squats, or push-ups to pump blood and boost energy levels. Or dance for a while!!

2) **Mindful Breathing:**

- Practice deep breathing exercises, like the 4-7-8 technique: inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. This can help reduce stress and improve focus.

3) **Nature Walk:**

- Step outside for a short walk around your neighbourhood or garden. Fresh air and a change of scenery can refresh your mind and improve your mood.



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4) **Hydration and Nutrition:**

- Drink a glass of water or make a healthy smoothie. Prepare a nutritious snack, like fruit, nuts, or yoghurt, to fuel your body and mind.

5) **Mindful Breathing:**

- Practice deep breathing exercises, like the 4-7-8 technique: inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. This can help reduce stress and improve focus.

6) **Creative Break :**

- Engage in creative activities like drawing, colouring, or playing a musical instrument. This can provide a mental reset and stimulate creativity.

7) **Listen to Music:**

- Play some calming or uplifting music. Create a playlist of your favourite songs to help you unwind and elevate your mood.



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8) **Household Chores:**

- Do a quick household chore, like tidying up your workspace, watering plants, or folding laundry. This can give you a sense of accomplishment and break up your workday.

9) **Digital Detox:**

- You can just simply step away from screens for a few minutes. This will allow you to rest your eyes and reduce digital fatigue.

10) **Practice Gratitude:**

- Write down three things you are grateful for. Reflecting on positive aspects of your life can boost your mood and enhance your overall well-being.

11) **Stretch Your Eyes:**

- Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds. This helps reduce eye strain from prolonged screen time.



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12) **Visualization Exercise:**

- Close your eyes and visualize a peaceful scene, such as a beach or forest. Spend a few minutes imagining yourself there, enjoying the tranquility.

13) **Check-In with a Friend:**

- Call or video chat with a friend or family member. A brief social interaction can lift your spirits and provide a sense of connection.

14) **Aromatherapy:**

- To create a calming atmosphere in your workspace, use essential oils or a diffuser with scents like lavender, eucalyptus, or peppermint.

15) **Journal**

- Write in a journal to express your thoughts and feelings. This can be a therapeutic way to process emotions and clear your mind.

16) **Quick Hobby**

- Engage in a hobby you enjoy, such as gardening or cooking. Doing something you love can provide a refreshing break from work.