



M I C R O B R E A K S

During a decisive break (only three minutes), you can engage in various activities to recharge, relax, and nourish your mind and body.

Here are some suggestions:

Mindful Breathing: Find a quiet space and practice deep, intentional breathing. Inhale slowly through your nose, allowing your abdomen to rise, and exhale through your mouth, releasing tension or stress. Focus solely on your breath, returning your attention whenever your mind wanders.

Nature Walk: If possible, step outside and immerse yourself in nature. Observe the sights, sounds, and smells around you, and let nature's calming presence rejuvenate your senses.

Positive Affirmations: Repeat uplifting affirmations to yourself for three minutes. Choose statements that resonate with you, such as "I am capable," "I am resilient," or "I am deserving of success." This practice can enhance self-confidence and motivation.



Guided Meditation: Find a quiet space and listen to a guided meditation or relaxation recording. These resources are readily available online or through mobile apps. Allow yourself to be guided through a soothing meditation to promote inner calmness and mental clarity.

Journaling: Grab a journal and pen, and reflect on your thoughts and emotions. Write about your experiences and aspirations, or jot down anything that comes to mind. This activity helps to release thoughts, gain clarity, and cultivate self-awareness.

Quick Exercise: For three minutes, perform simple exercises like jumping jacks, push-ups, or squats. Physical activity increases blood flow, boosts endorphin levels, and improves cognitive function, making it an excellent break option. Physical exercise boosts your mood, helps reduce stress, and improves overall well-being.

Reading: Pick up a book, magazine, or article that aligns with your interests. Reading allows you to immerse yourself in another world, gain knowledge, and stimulate your imagination. Choose something that brings you joy or helps you explore new ideas.



Mindful Eating: Instead of rushing through a meal, take your time to savour each bite mindfully. Pay attention to the flavours, textures, and smells of the food. Eat slowly and engage all your senses, fully immersing yourself in the present moment.

Gratitude Practice: Reflect on three things you're grateful for. Take a moment to appreciate the people, experiences, or blessings you have. Cultivating gratitude can shift your focus to the positive and improve your outlook.

Laughter Break: Watch a funny video, read a joke, or recall a humorous memory. Spend three minutes laughing or smiling, as laughter has been shown to reduce stress, improve mood, and enhance overall well-being.

Remember, choosing activities that resonate with you and help you reconnect with yourself is fundamental.

Adapt these suggestions to fit your preferences and create a decisive break that nourishes your mind, body, and soul.