



Weekly tip: reduce stress - take a break

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Provided by: Tictrac



Tictrac

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Sometimes carving out time for self-care during a busy day can feel impossible. But just like with exercise, looking after your general wellbeing can be broken down into small moments throughout the day.

Taking regular breaks during the working day can help to reduce your risk of experiencing burnout [1], as well as improving your decision making ability and productivity levels [2].

Bite-size self-care

What kind of activities should you be doing when you take your breaks?

- **Go for a short walk.** A quick walk around the block will not only get your heart rate up and your steps in, but it will also help to refresh your mind. This means, when you return to what you were doing, your concentration will be improved as will your ability to problem-solve.
- **Stretch out.** Regular stretching is great for our bodies and can help soothe tight muscles. Getting up from your desk and taking the time to stretch will give your thinking mind a rest, and help aid flexibility and relaxation. If you're not sure where to start, try some of the daily desk break stretches by Strength House. You can find them in the Discover section of the app.
- **Take a screen break.** We spend so much of our time looking at computers and phones, that taking a screen break can have huge benefits. To give your eyes and mind a regular chance to rest throughout the day, follow the 20-20-20 rule [3]. This means you take a break of at least 20 seconds, every 20 minutes and look at something at least 20 feet away.

1. [What to Know About Work Burnout](#). Web MD, 2020.

2. [How Do Work Breaks Help Your Brain? 5 Surprising Answers](#). Healthline, April 18, 2017.

3. [Focus on easier reading](#). Harvard Health, March 1, 2020.