



IMPORTANCE OF TAKING BREAKS

*Make your mental health breaks
the most beneficial and the most
productive use of your time*

**Prioritize taking active
breaks without screens.**

The National Institute of
Health found, “A **10-minute**
bout of brisk walking and
meditation both improved
mood state...”

**Challenge: Set an alarm at
sunset and watch the sunset
outside for about 10 minutes.
Leave your phone inside and
observe your shift in mood**

