

Building Resilience: One Step at a Time

Taking breaks: We all need to refresh

Why breaks are important

- Body and mind need to recharge to keep working efficiently
- A break is a good time for you to check in and notice your emotional state
- It is time to take care of personal business, so you can be focused when on the job
- Breaks nourish the mind, body, spirit

Strategies for taking a quality break

- Breaks should be taken in a place that works for each individual
 - For example, some people might want a silent room, while others might want to recharge by being around others
- Set an intention for the break or activity you do to recharge your batteries
 - “I am doing this specific activity to clear my head, so that when I go back to work so, I can feel more prepared and focused.”
- Activities may include: eating, making a phone call, moving your body, going outside, noticing the little things

Breaks at work

- Identify places where you can take a productive break
- Have healthy snacks available
- Engage with support resources when available
- More breaks should be allowed at the end of shift when an employee might be feeling more fatigued

List ways and commitment to taking a break (time/place/activities) _____

Breaks at home

- Limit exposure to media
- Connect with a support system
- Recognize your stressors and what others may be experiencing and allow opportunities for dialogue
- Balance your alone time and time with others, we all have different needs
- Look for unique opportunities to reinforce or discover new interests

List ways and commitment to taking a break (time/place/activities) _____

Additional resources

- [APA article on benefits of mindfulness](#)
- [Forbes article about the importance of taking breaks](#)