

PRESS PAUSE

TAKE A BREAK BEFORE YOU BREAK



TIME OUT

Get a drink; Solve a puzzle;
Pack your desk; Wash your face

DO WHAT YOU LOVE

Listen to music; Read a book;
Take a power nap; Watch a TED talk



EXPRESS

Squeeze a stress ball;
Colour; Draw or write about it

MOVE

Take a short stroll;
Do some stretches



HUMOUR

Watch a short funny clip or
stress-relieving video;
Think of something happy

CONNECT

Talk to someone;
Reply missed messages and calls
from your loved ones;



SILENCE

Sit outside and enjoy some sunshine;
Put your work aside for a few minutes;
Spend time alone to introspect

MEDITATE

Breathing in through your nose and out through
your lips deeply and slowly, such that your belly
rises.

Pay attention to your internal and external
experiences in the present moment.

Be aware of and accept your experience without
judgement.

Redirect your attention when your
mind wanders.

