Break Up the Day

Working with Wellbeing
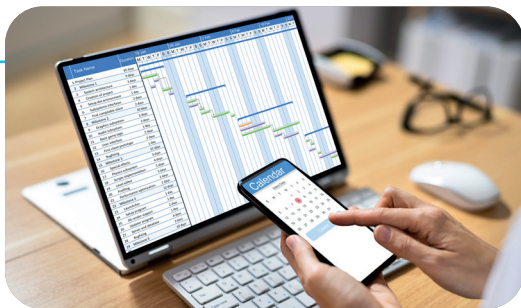
Learn how to use breaks in your day to help you effectively refocus and refresh, with these simple tips that will have a positive impact on your day.

1 Look at your diary for the day or week ahead.

2 Are there any gaps or natural breaks that you can use to refocus and refresh?

3 Put your breaks into your diary to help prevent them being taken up.

4 Now decide what you will do in that time, will you get up and move for a bit or connect with a colleague and send a message?

5 Make sure you get the benefit of your breaks. They can be as short as 3 or 5 minutes and still lower your stress levels and recharge your brain.

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