HOW TO GET THE MOST OUT OF YOUR BREAK TIME

Taking a break can help prevent feeling overwhelmed, helps you feel less tired, and leads to better thinking and memory.

Below are a few ways to get the most out of your break time!

walk around the block	**take a short nap**	**listen to your favorite songs**
go outside and enjoy nature	**do a short exercise**	**eat something you enjoy**
sit and let your mind wander	**call a loved one**	**read a book you enjoy**
send a co-worker a funny e-card or meme	**meditate**	**enjoy your favorite drink**

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