



WELLNESS TOOLS / WELLNESS AT WORK

Workday Brain Break

A five-minute break can be part of good work - not a failure to work.

5 MIN

Small enough to use today. Practical enough to use again.

CDC recommends taking breaks during the workday to rest, stretch, and connect with supportive people. A short reset can help you return with more intention.

Pick one

MOVE Walk, stretch, stand up, or change position for a few minutes.

LOOK AWAY Step away from the screen and let your eyes focus farther away.

BREATHE Slow your exhale and release tension in your shoulders and jaw.

CONNECT Check in briefly with a supportive coworker, friend, or family member.

RESET Write the next one or two priorities instead of carrying the whole task list in your head.

For teams

Make short breaks normal. Workplace mental health improves when organizations address stressors and create supportive practices - not when all responsibility is placed on individual employees.

Write it down

My easiest 5-minute reset at work is:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.