

## Be Social!

Social breaks, such as chatting with your peers, show a positive association with feeling recovered after the break. Schedule some social breaks with a colleague or a friend.

**Play cards or darts together**

## Get UP and Move your BODY!

**Walk**

**Run**

**Gym exercises**

**Stretches**

**Visit a park**

**Cycle**

## Take a Mental Break!

Try yoga or meditation, deep breathing, or read a book

# BREAK TIME

**Refuel your ENERGY!**

## Get Creative!

Doodle, listen to music, audio books & podcasts, draw, or daydream



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