

Mental Health Breaks

<p><u>Purpose</u></p> <p>Relax – refresh – recharge – rewind Breathe Unwind Clear your mind Pause Reflect Reset 5 minute vacation Time for yourself Self-care</p>	<p><u>Signs and symptoms</u></p> <p>Mental fog Irritability Constantly tired Eating / sleeping Lack of focus Apathy Illness Withdrawal Cynical or negative Lack of motivation Losing interest Low energy Self-medicating</p>
<p><u>Benefits</u></p> <p>Essential to a balanced life Essential to your well-being Fresh perspective Boost productivity Improve mental clarity</p>	<p><u>Benefits</u></p> <p>Strengthens relationships Increase resilience Prevent serious health issues Helps with self-awareness</p>
<p><u>How</u></p> <p>Disconnect from tech Connect with people Gratitude list – journal Look for humor</p>	<p><u>To do</u></p> <p>Breathe Meditate Music Nature – walk Make a plan</p>