

POWER BREAKS

Regular "Power Breaks" can be used throughout your day to help:

1. Increase Stamina & Performance
2. Reduce Stress & Risk
3. Maintain Composure & Wellbeing
4. Relax.....

Quick Exercises – 2 or so minutes

- **Stretching.** Gentle and controlled; no jerky or fast movements.
- **Water.** Hydrate by drinking some water; wash your face to refresh.
- **Deep Breathing.** Breathe in for 6 seconds, hold for 2 seconds, breathe out for 6 seconds. repeat 6 times.
- **Attitude of Gratitude.** Recall 5 things to be grateful for. Think of 3 things going well. Choose the attitude you want to go with for the rest of the day.
- **STOP-THINK-GO.** Stop and take stock of your action, motive and intention. Relax your muscles, breathe deeply, and answer the question "What is the next sensible and safe thing to do now?"
- **Visualise.** Use your imagination to fill out a pleasant scene (beach or forest etc) in as much detail as possible. This is a form of basic meditation.
- **Pummelling Wake Up** - involves massaging and energising your muscle-groups by hitting them moderately with your fist, and waking up the body.
- **Pit-stop.** Check-in with a mate or colleague. How are you going?
- **Checklist.** Check your to-do list and focus on priorities and reasonable expectations.
- **Refresh your thinking.** Check your perspective; Zoom out and think of the big picture. Question.
- **Body Scan to Relax.** Slowly scan your muscles from top to toe, relaxing as you go and breathe out.
- **Grounding Mindfulness.** Grounding yourself in the here and now by observing your direct physical environment. Notice gravity, sounds, sights, temperature, etc.
- **Distractors.** Quick distractors for 2 mins include drawing, reading, looking out the window, tidying your desk or work area, grabbing a snack.
- **Progressive Muscle Relaxation (PMR).** This exercise works by progressively working your muscles to relax and unwind.
- **Positive Thinking.** Chose a motto or favourite saying that helps keep you motivated and grounded. Consider focusing on your values (helping, persistence, tolerance, patience etc).
- **Time-Out.** Call a time-out for thinking time. Count backwards from 10. Relax. Defuse
- **Power Combo.** Using a combination of 2-4 exercises above can be effective too.

Simple Exercises

- **Walking.** Quick walk around the block. Try up and down stairs. Walk and talk instead of meeting inside
- **Talking.** Checkin with a colleague about the day. Share achievements and challenges. Focus on solutions and positives.
- **Phone Home.** Call a friend. If possible in your work setting, call home to talk to family, friends or loved ones.
- **Switching off.** Use a distracting or relaxing activity that you enjoy: quick yoga; reading; listen to music; crosswords; sodoko; games; jokes etc
- **Longer Lunch.** Take that extra 10-30 mins to unwind or connect over lunch, the perfect time to gather your energy
- **Practice what you preach.** Ask yourself "*What would I tell a friend to do or consider if they were in this same situation?*" Then do it for yourself.

Powerful Exercises

- **Exercise** and physical activity
- **Talking** with a mentor or mate
- **Counselling** with a registered health professional
- **Sleeping** quality and routine
- **Hobbies** and interests for self-care
- **Social** support and quality time with your friends and family
- **Relaxation** methods that don't involve using substances (bath, swim, hug, pets etc)
- **Prayer** and/or Meditation
- **Asking** for help, advice or another perspective
- **Resolution** - use a problem-solving approach