



# Mind Bites

## Mindful break facts

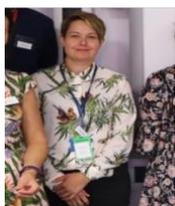


A **15 second** break taken every **10 minutes** reduces fatigue by **50%**.

A **2-minute break** isn't long, but it's long enough to:

- **Stand and stretch** – stretching drives oxygen to your brain and wakes you up
- **Rest your eyes** – A **20 second** break to gaze 20 feet away can relieve eye strain.

## A personal story



**Clair Hudson**  
Customer Services  
Team Leader  
HMRC

Sometimes you get so absorbed into a piece of work that you forget to take a break.

I've found that when my eyes feel heavy and tired, I walk away from my desk, get a glass of water, have a stretch and take a deep breath.

This helps me get through the day and keeps me awake.

Share your story by emailing:  
[MeadenFamily18@gmail.com](mailto:MeadenFamily18@gmail.com)

## Take a mindful break to:



**Go for a walk** - Smell the air, listen to the sounds and take in your surroundings. Moving your body will help boost your mood.



**Have a break date** – Grab a coffee and have a chat with a colleague or friend. Talking can help relieve stress.



**Have an energy snack** – Berries, leafy greens and nuts are proven to help your brain function better. Appreciate the flavours, textures and colours as you eat!



**Try office yoga** – [Breathing exercises](#) can go a long way in 5 minutes!



**Try a hand or neck massage** - Help relieve workplace tension and give yourself a [massage](#).

## Useful links

- [Mindful breathing – 3-minute exercise](#)
- [20 ways to take a mindful break](#)
- [Help and support](#)

Give us feedback [here](#).

