

## Break time boosters

### **Take your break**

Taking regular breaks is important. Not taking breaks can affect your physical and mental health, and your productivity and attention on the job.



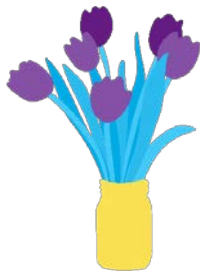
### **Get moving**

Exercise is great for concentration and mood, and provides a good opportunity for your brain to rest. Going for a walk or stretching can help with this.



### **Go outdoors**

Being in natural light and fresh air will increase your melatonin and boost your mood. Changing your physical environment will also help you de-stress.



### **Breathe and relax**

Take a few minutes to close your eyes and complete a short breathing exercise. This can help reduce stress and make you feel more energised.



### **Eat something healthy**

Eat foods with the right nutritious fuel to get you through the rest of your day. Take a look at [eatforhealth.gov.au](http://eatforhealth.gov.au) for advice.



### **Make it social**

Social connection can help buffer the effects of stress and improve mental health. Take a break with a colleague or call a family member or friend.

