



Set a reminder to breathe deep

How to take this break

Set a reminder/chime on your computer or phone. When the reminder sounds, stop what you are doing, sit still for two minutes and focus on your breathing. Focus on the words 'breathe in' and 'breathe out' to reduce other thoughts going through your mind. Arrange another reminder to sound after the two minutes.

Why this counts - **Relaxing**

Deep breathing is one of the best ways to lower stress in the body because when you breathe deeply it sends a message to your brain to calm down and relax.

Go to [Workplace Strategies for Mental Health](#) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.