



31 AT HOME BRAIN BREAKS



<p>1</p> <p>Watch a funny animal video on YouTube.</p>	<p>2</p> <p>Add a fun message or motivational quote on the whiteboard at work.</p>	<p>3</p> <p>Take a walk outside.</p>	<p>4</p> <p>Enjoy 30 minutes without electronics.</p>	<p>5</p> <p>Doodle or color in your favorite coloring book.</p>	<p>6</p> <p>Give 5 compliments to different people.</p>	<p>7</p> <p>Practice a mindful breathing exercise.</p> <p>Try Box Breathing to Reduce Anxiety and Stress</p>
<p>8</p> <p>Play your favorite song and dance to it.</p>	<p>9</p> <p>Read a chapter out of your favorite book.</p>	<p>10</p> <p>Practice stretching exercises.</p>	<p>11</p> <p>Pick a page and color.</p>	<p>12</p> <p>Play paper rock scissors with a co-worker.</p>	<p>13</p> <p>Dance party to your favorite song.</p>	<p>14</p> <p>Play a fun board game with family and friends.</p>
<p>15</p> <p>Sing your favorite song and make up silly dance moves.</p>	<p>16</p> <p>Play a card game (Go Fish!, Old Maid, UNO, etc.).</p>	<p>17</p> <p>Take a stretch break at work.</p>	<p>18</p> <p>Share a snack with a co-worker.</p>	<p>19</p> <p>Practice yoga techniques.</p>	<p>20</p> <p>Read your favorite book.</p>	<p>21</p> <p>Meditate for 20 minutes.</p>
<p>22</p> <p>Take a break and do 50 squats.</p>	<p>23</p> <p>Watch the sunrise or sunset.</p>	<p>24</p> <p>Work on a puzzle.</p>	<p>25</p> <p>Write down something positive about yourself.</p>	<p>26</p> <p>Take pictures of nature in your front and backyard.</p>	<p>27</p> <p>Fill in the blank – “I am grateful for_____”.</p>	<p>28</p> <p>Think about what went well for you this week.</p>
<p>29</p> <p>Share a work-appropriate joke with a co-worker.</p>	<p>30</p> <p>Find a perfect spot in nature and look at the clouds. What do you see?</p>	<p>31</p> <p>Find and share how you are surviving the summer heat.</p>	<p>for more information call 480-882-4545</p> <p>or visit, noahhelps.org</p> <p>Follow us on social media @noahhelps    </p>			

