

# Micro break ideas:

## **Take a walk**

Take a 5-minute walk to clear your mind and stretch your muscles.

## **Do gentle stretches**

Gently rotate your neck and do some shoulder rolls to relieve muscle tension.

## **Refill your water bottle**

Make a quick trip to the water refilling station to move and hydrate your body.

Your Wellbeing Activity

## **Take a micro break**

Take at least two 5-minute micro breaks during the workday. Take a short walk, do some gentle stretching, refill your water bottle, or try a deep breathing exercise.



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