

20-WAYS TO TAKE A BREAK!

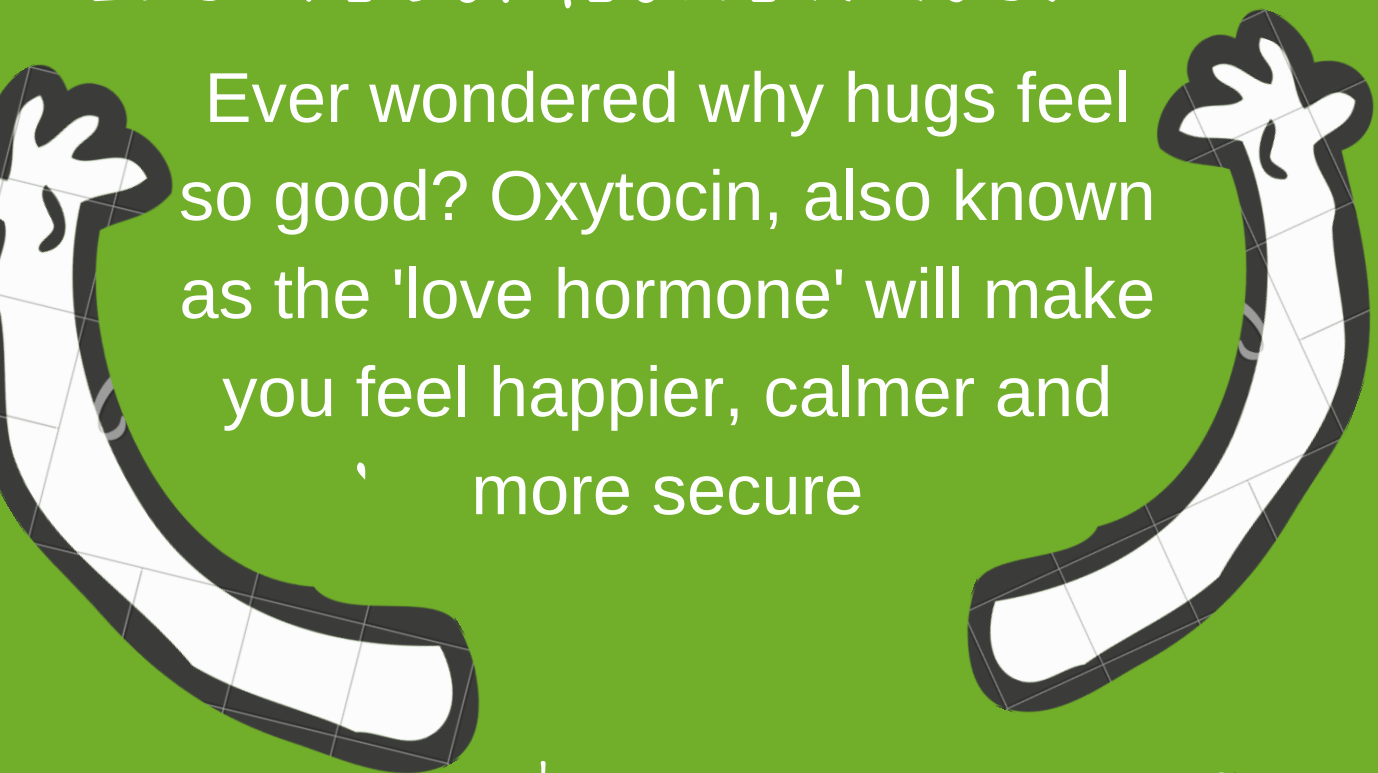
1. GO FOR A WALK!

When we go for a walk, endorphins are released into our bodies, increasing our sense of wellbeing, as well as acting as a pain reliever. It also lowers cortisol -our stress hormone.



2. GIVE SOMEONE A HUG!

Ever wondered why hugs feel so good? Oxytocin, also known as the 'love hormone' will make you feel happier, calmer and more secure



3. BREATHE DEEPLY

Stress causes you to breathe shallow and more quickly. Taking slow, deep breaths can help temporarily lower your heart rate and blood pressure!



4. HAVE A CUPPA

"Tea tempers the spirits and harmonizes the mind, dispels lassitude and relieves fatigue, awakens thought and prevents drowsiness, lightens or refreshes the body, and clears the perceptive faculties.

-Lu Yu, The Sage of Tea



5. LISTEN TO CLASSICAL MUSIC

Classical music featuring slower rhythms has been found to reduce stress and promote a healthy heart.

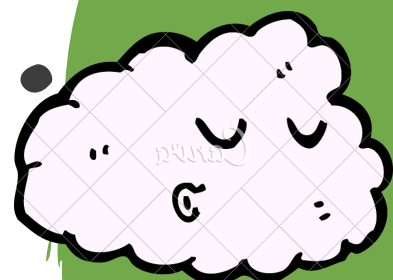
6. HAVE A BATH

Having a bath has been known to be relaxing for millenia and is often used for its healing effects.



7. TAKE A POWER NAP

A twenty or thirty minute nap can help you boost your mood and reduce fatigue. But no longer, or you'll feel groggy!



8. DO A SPOT OF CLOUD GAZING

When you're feeling trapped, nothing beats cloud gazing for freeing your mind and putting things into perspective. Plus, imagining shapes in the sky is your mind's own version of doodling!

9. READ A BOOK

"This is more than merely a distraction but an active engaging of the imagination as the words on the printed page stimulate your creativity and cause you to enter what is essentially an altered state of consciousness."

—David Lewis, University of Sussex



11. JUMP!

Being elevated has been shown to increase your levels of dopamine in the brain, which will leave you feeling...well, elated! So get on the trampoline, or do some star jumps or use a skipping rope....10 minutes is all you need!



10. CUDDLE A PET



Pets, especially dogs, are widely used for therapeutic purposes. Studies show that cuddling man's best friend reduces both stress and anxiety.

12. GET OR GIVE A MASSAGE

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, anxiety and muscle tension.



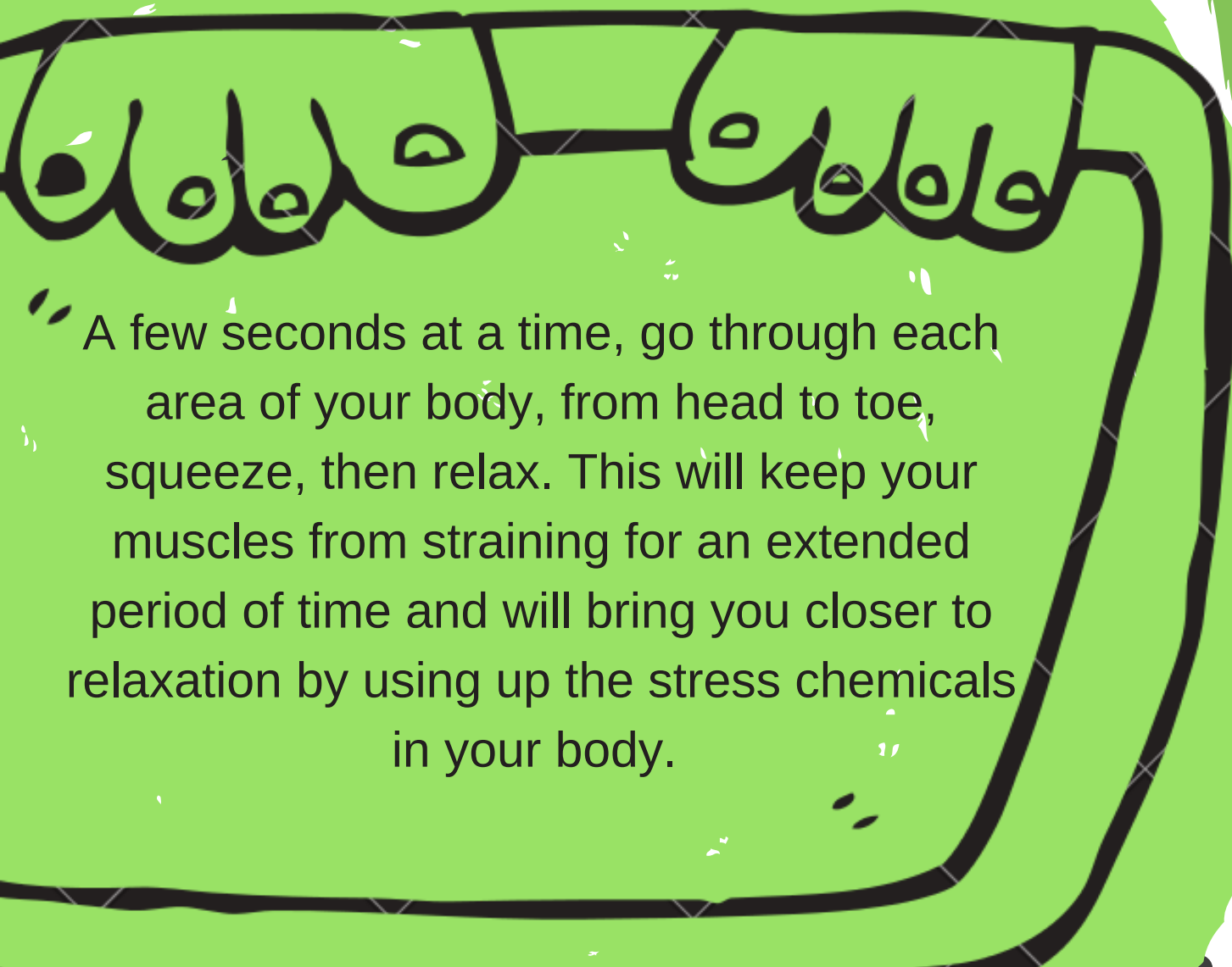
13. BAKE A CAKE

Baking is a perfect way to practice mindfulness. To focus on the recipe, you need to quieten your mind. At each stage, enjoy savouring how the cake looks, smells, tastes, feels, and even it sounds. This can provide a wonderful self-soothing affect.



20. SQUEEEZE...AND RELAX

A few seconds at a time, go through each area of your body, from head to toe, squeeze, then relax. This will keep your muscles from straining for an extended period of time and will bring you closer to relaxation by using up the stress chemicals in your body.



14. DRAW OR CREATE/BUILD SOMETHING

15. DO SOME STRETCHING!

16. DANCE OR SING!

17. GO FOR A RUN

18. EAT SOME CHOCOLATE

19. TALK TO AN OLD FRIEND