

Module 2: Plan Your Rest

Instructions

Often, making the time to take a break can be challenging when other distractions or demands are coming your way. Planning small breaks throughout the day can help you stay on top of your body's need for moments of rest.

Take some time now to think about 5-, 10-, and 15-minute breaks you can easily incorporate into your routine, no matter what your day entails. Consider incorporating movement or stretching or getting fresh air. Also consider when you'll take these breaks. It may help to set an alarm or put a reminder in your calendar.

Reflect on the following

What is your 5-minute break? When will you take it?

What is your 10-minute break? When will you take it?

What is your 15-minute break? When will you take it?

Remembering to rest each day can be half the challenge, so if you found this exercise helpful, repeat it regularly until taking breaks throughout the day feels like a habit!

