



PIHLAJALINNA'S MICRO BREAK GUIDE

Micro breaks — small break, big benefit

Recovering during the working day is key to having energy and being efficient. According to research, even shorter breaks may reduce blood pressure, lower the amount of stress hormones in the body and improve cognitive performance.

The recommendation is to take micro breaks, i.e. breaks that last from 30 seconds to a few minutes, several times during the working day, approximately once every 30 minutes. They are particularly important during busy and stressful times, which is when the body and mind are the most burdened. We can all choose the most suitable way to take breaks from work and increase recovery during the day.

How should I implement micro breaks?

You can have a micro break at your workstation or on the move. It can be a calming moment, such as a breathing exercise or looking out the window, or a physical activation, such as stretching or doing some light movement.

Examples of micro breaks

1

DEEP BREATHING

- Take a position that is as comfortable as possible.
- Breathe in and out in a calm manner. Try to breathe through your nose.
- Focus on your breathing.
- If you want, you can place one hand on your chest and the other one on your abdomen. When you breathe with your diaphragm, it will make the hand on your abdomen rise, while the hand on your chest remains still.

2

CONSCIOUS PRESENCE

- Close your eyes and pay attention to how your body is feeling.
- Open your eyes and observe your surroundings. What can you see, hear, smell and feel?
- Close your eyes again, and go through the feelings in your body once again from head to toes. Continue for 30 seconds.
- Open your eyes again and pay attention to your surroundings. Continue for 30 seconds.
- You can repeat the exercise a few times.

3

ACTIVATE YOUR MUSCLES BY MOVING

- Stand up and shake your legs.
- Shadowbox a few times.
- Reach your arms above your head and stretch your sides.
- Raise your arms horizontally in front you, elbows extended and the backs of your hands facing up. Open your hands to the side with your thumbs pointing up. Keep the position for a few seconds. Return to normal.