

1 Minute Timeout Tips for Adults

Taking a timeout can give you the time to understand how you are really feeling – think of the arguments that you have had in your life with a significant other that had nothing to do with that person, projecting a bad day at work onto the plate of fish and chips because you'd run out of tartar sauce... A timeout can give you that space to reflect, remove judgement and let the adrenalin release from your system.



Taking one or two-minute breaks have several benefits. Below are examples of some activities you can do in just one or two-minutes or less for rest breaks.

- **Move.** Move your hands, move your head, stretch your neck, shrug your shoulders and shake it out.
 - Take a short walk away from your workstation.
- **Stand up and stretch or walk in place at your desk without looking at your computer monitor.**
 - Change positions at your workstation.
 - Have a drink of water or a light snack.
- **Instead of emailing your colleague, go and find them and have a face to face conversation.**
 - Eat your lunch in a different room to where you work.
 - Look out of the window and notice the view.
- **Breathe.** Take a series of three long, deep breaths. Empty your mind and focus on your breath.
 - Look at a photo of your partner/ children/ pets/ favourite place. And smile...
 - Plan what you are going to have for your tea.
 - Sing a song. Any song, even if you don't know all the words.
- **And dance.** Dance your own dance and let the blood pump around your body. Enjoy.

