



# Exercise: Regular breaks and relaxation exercises

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## Goal

Plan to take regular breaks and moments of relaxation.

## Instructions

Think about the questions below. Use the text box to record your answers.

Start by answering the following questions:

- Can you think of a way to incorporate short breaks and moments of relaxation into your daily routine?
- Could you make time for a breathing exercise at work?
- Would you be able to pop out briefly during the day or get to your destination on foot?
- How do you separate work from your personal life?

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## My relaxation plan