

BREAK THE RULES

After you spend 2 minutes checking your cell phone...



MICRO-BREAKS

- 20-20-20 Rule
- Hydrate
- Wiggle



MOVING BREAKS

- 5 every 60
- Office Yoga



NATURE BREAKS

- Walk outside
- Go outside
- Pretend you're outside



SOCIAL BREAKS

- Reach out and touch someone
- Schedule it
- Don't schedule it



MENTAL GEAR-SHIFTING BREAKS

- Meditate
- Controlled breathing
- Lighten up



BONUS BREAK

- The Napuccino



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