

# GIVE IT A REST! – Workday Breaks

## Physical and Mental Health

### Goals:

- Team members will understand the benefits of taking breaks from daily tasks.

### What Do I Need?

- Flash Cards
- Visual aides

### Flow:

- In the 24-hour, 7 day a week world we live in, many workers think that taking breaks are a luxury they cannot afford.
- Many employees feel a sense of guilt or fear when they take a break even when supervisors encourage.
- The desire to advance and seem to be absolutely dedicated drives these feelings.
- Not taking a break actually decreases productivity and safety on the job.
- Breaks allow employees time to reflect and refocus on their tasks.
- Not only are breaks good for the brain but they are good for the body.
- Sitting for long periods of time have been known to cause health issues.
- Prolonged strenuous activity also been known to cause health issues.
- Depending on the type of work will tell you the type of break you need.
- If your job is sedentary one should get up and stretch or take a short walk.
- If your job is physical in nature one should stop and relax for a period of time.
- Regardless of the job a snack and water are important during a break as it is easy to forget to eat and hydrate while hyper focused on tasks.
- It is recommended to take a 10 – 15-minute break for every 4 hours of work.
- Never forget your lunch break!
- Remember, breaks are mutually beneficial to the employee and the employer.

### Notes:

- Taking a break is not being lazy.
- Never forget to hydrate.
- Are there any questions or examples anyone would like to talk about?