

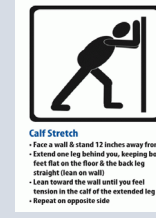
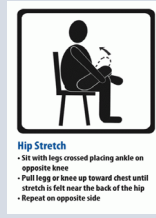
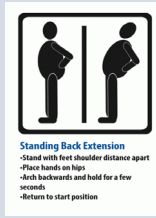
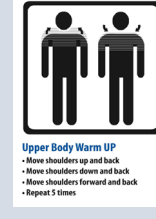
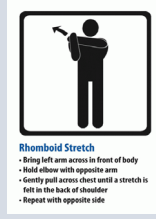
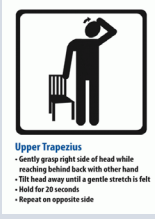
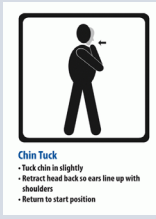
BRAIN BREAKS FOR HEROES

Activating Your Body and Calming Your Mind at Work
Practicing the 3 Pillars of Daily Self-Care: **Move, Breath and Be Mindful**

Pillar 1 Movement

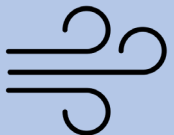


Warm-up for work exercises for work athletes and heroes. Do these **10 dynamic** (continuously moving, not static) **stretches**, that will take less 10 minutes, before you start your work shift or during a break during the day. Perform **10-12 reps** of these dynamic stretches (alternating sides) starting from head to toe.



Video instructions: <https://youtu.be/G00jRA6llbU>

Pillar 2 Breathwork



Follow with 1 minute of **Box breathing**. Box breathing helps with stress management, focus and induces a state of calm relaxation. Keep your focus on your breathing and your physical sensations in that moment. Box breathing uses four simple steps. **Repeat 4 times.**

- **Step One:** Breathe in through the nose for a count of 4.
- **Step Two:** Hold breath for a count of 4.
- **Step Three:** Breath out for a count of 4.
- **Step Four:** Hold breath for a count of 4.

Pillar 3 Mindfulness



Practice gratitude. Write a short gratitude note to someone you are thankful for today. Tell them why you appreciate them and how they made you feel. You can share it. Tell them or Post on a central "Gratitude Wall" or give them the note or text) or just keep it to yourself to remind you how we can each experience happiness in our daily lives thanks to the kindness of others.