# Healthy Department: Energy Breaks

## Energy Break Ideas

**Check out the list below for sample energy breaks you can incorporate into your day. Stepping away from your work for just 2 – 5 minutes can help you feel more energized, less stress, more focused and more productive when you return. Get started with at least one energy break each day and then work up to adding in a few breaks throughout your day.**

**Start a movement in your office and encourage your colleagues to join you!**

1. Close your eyes and take 10 slow deep breaths – clear your mind and just focus on your breathing.

2. Head outside and take a quick walk around your building.

3. Take a bathroom break and use the bathroom on a different floor – if you're able, take the stairs!

4. Walk to the kitchen to fill up your water bottle to stay hydrated.

5. Roll your shoulders forward 5 times and then backward 5 times.

6. Stand up and do 5 shallow squats – wear flat shoes or take your shoes off.

7. Meditate for a moment. Close your door or put on a set of headphones and listen to this video [here](#).

    Looking for a longer meditation? Check out the [Headspace](#) app or the [Stop, Breathe & Think](#) App

    for 5 – 10 minute meditations.

8. If you're able, walk up and down a flight of stairs.

9. Looking for something more advanced? Try 10 pushups, 10 deep squats, or a 1 minute plank!

10. Stand up and do 10 heel raises (raise up on your toes; hold on to a chair for balance if needed)

11. Doodle on scrap paper or grab your coloring book and colored pencils and get creative.

12. Close your eyes and lose yourself to relaxing music. Try listening to this music [here](#) to unwind.