

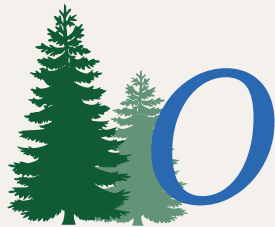


# Take a work break that's a **HOME RUN!**

## Hydrate!

Take a moment to refill your water bottle or brew some herbal tea.

# H



Pop **outside** for a second. If you can't go outside, look out a window or at a nature photograph!

## Move your body!

Stretch, elevate your heart rate for 5 minutes, or just get your body into a few different positions.

# M



# E

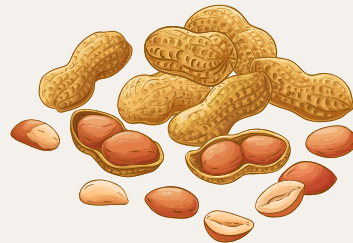
## Exercise your eyes.

Look at something far away, then focus on something closer. Shift your focus between several distances a few times.

## Refuel!

Enjoy a snack or a meal that has protein, fiber, fats, and carbohydrates!

# R



# S

## Switch gears in your head.

Change tasks completely to give your brain a rest. Chat with a colleague, read a few pages of a book, or do something creative -like doodling!

