

Microbreaks throughout the day...

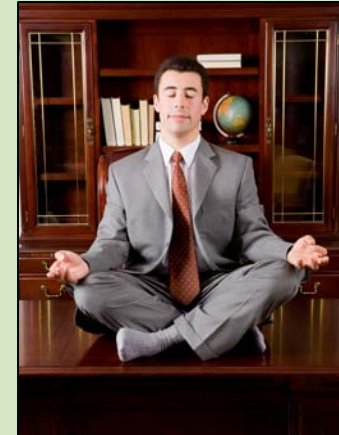
Help to keep the pain away

What are microbreaks?

- Microbreaks are frequent, short rest periods taken throughout your workday.
- The purpose of these 'micro' breaks is to interrupt sustained or repetitive work. The breaks give your working muscles an opportunity to recover during your work day rather than working until exhaustion and then needing a long break.

Here are three golden rules about microbreaks:

- **Golden rule #1:** Microbreaks are meant to be used ***BEFORE*** the onset of fatigue to avoid long recovery times.
- **Golden rule #2:** Research has determined that the length and frequency for rest breaks should be "*little and often*". (For example 15-30 seconds every 10 minutes)
- **Golden rule #3:** If you know that you have a 'weakness' or are experiencing musculoskeletal injury symptoms, more breaks are recommended.
- **Try the following microbreak postures:**
 - Arms and Hands – "Om...". Similar to our yoga guru in the top right, try resting on the 5th finger sides of your hands (palms sideways) when not typing. This is the neutral position for the wrist, hand and forearm.
 - Back and Neck – Try the classic "why me" stretch shown to the right. Interrupting a forward hunched posture with a relaxed stretch backwards will help reduce the build up of stress in the back and neck.



Shortcut Tip Stress Reduction: As you take a 15 second microbreak, breathe deeply and slowly to reduce muscle tension.