

Brain Breaks Monday 18th January
Try some of these a few times a day.

<https://www.youtube.com/watch?v=388Q44ReOWE>

<https://www.youtube.com/watch?v=FOgcrNrtfpo>

<https://www.youtube.com/watch?v=DylJ5tCSxp0>

Hi



A **brain break** is just what it sounds like—a **break** from whatever **you have been** focusing on. Short **brain breaks** during work time have been shown to have real **benefits**. They reduce stress and frustration and increase attention and productivity. The key is to take them before tiredness, distraction or lack of focus set in.

Practice “focus ball” breathing.

Stand or sit with legs and feet together. Bring your palms together in front of your chest. Keep your fingertips together as you pull your palms apart, forming a ball with your fingers. Press your fingertips together until you feel the muscles in your hands and arms activating. See if you feel your core tighten too. Now close your eyes and as you breathe in, inflate your ball and as you breathe out, flatten the ball by pushing your palms together. (Then repeat these instructions for 60 seconds).

Try the old Ear-Nose Switcheroo.

This is a quick and easy challenge to reset the brain. Touch left ear with right hand and at the same time touch nose with left hand. Then switch hands and touch right ear with left hand and nose with right hand. Switch back and forth a few times. Then close eyes, take a deep breath, and blow it all out.

Stretch it out.

It's never a good idea to spend too much time sitting in one position. Stand with feet shoulder-distance apart. Put left hand on their hip and raise right hand overhead. Lean to the left and stretch arm as far as you can to the left. Repeat on the right side. Then stand tall and slowly roll down one vertebrae at a time until hands reach the floor ,take a deep breath then slowly roll back up. Repeat as necessary