TAKE FIVE
Why 5-Minute Brain Breaks Bring Productivity & Joy, Or, The New Smoke Break

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BURNOUT
Z73.0

WONDER DRUG?
Great News!

RX: taKEabREaK
ADULTS NEED RECESS, TOO.
POPULAR BREAKS
HOW TO DEVELOP YOUR BRAIN BREAK

#TakeFive
## BUILD A BETTER BREAK

<table>
<thead>
<tr>
<th>Something</th>
<th>Nothing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social</td>
<td>Solo</td>
</tr>
<tr>
<td>Movement</td>
<td>Stationary</td>
</tr>
<tr>
<td>Outside</td>
<td>Inside</td>
</tr>
<tr>
<td>Detached</td>
<td>Semi-Detached</td>
</tr>
<tr>
<td>Funny</td>
<td>Not</td>
</tr>
</tbody>
</table>
#TakeFive

CHALLENGE YOUR BRAIN
“We tend to think of the brain as being static, or even beginning to degenerate, once we reach adulthood. In fact, we find the structure of the brain is ripe for change.”

--Dr. Heidi Johansen-Berg
Challenge your Brain

CROSS THE MIDLINE:
For creativity & problem solving

GRATITUDE:
Counters “negativity bias”
Mindfulness
Non-judgemental awareness of the present moment
LISTEN

BREATHE

In-spire
“They saw fireworks”

#TakeFive
THINK BACK TO PLAY AS A CHILD

When did you:

Lose track of time?
Cultivate joy?
Have active fun?
YOUR PLAY
(might be someone else’s torture)

Build, draw, hula hoop, sing, shoot hoops, fish, knit, dance, juggle, ride, skate, yoga, garden, explore, freestyle rap, cook ...
“The opposite of play is not work…

…the opposite of play is depression.”

- Dr. Brian Sutton-Smith
Share how you #TakeFive!

Questions? Want to chat?
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Office-friendly, short brain breaks:

- Push-ups / handstands
- Draw / Color
- Juggling
- (Screen) Brain-Game apps (eg. Lumosity)
- Yoga / Meditation
- Listen to / Play music
- Laps/stairs in office
- Humor
We Need To Move

After 20 minutes of Sitting Quietly

After 20 minutes of Walking

Research / Scan compliments of Dr. Chuck Hillman University of Illinois
“A game is the voluntary attempt to overcome unnecessary obstacles.”

— Bernard Suits
Gracias.