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DETACHMENT

helps in resetting mental boundaries and preventing burnout

TRY THIS!

Take a **Strategic Pause**

A short break from work-related tasks to mentally disconnect will help alleviate cognitive overload, stress and anxiety.



R

RELAXATION

is crucial for mitigating the effects of high job demands and promotes overall well-being

TRY THIS!

Manage Your Stress

Make time to **do deep-breathing exercises, meditation, or a short nap** to lower cortisol levels and induce a state of calm.

(Tried and True: Sumana Jeddy uses the Balance app).



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AUTONOMY

is vital for achieving balance and improving mood

TRY THIS!

Choose Your Breaks

Taking control of how you spend your break time enhances your sense of empowerment and satisfaction. Choose **activities that you enjoy or find rejuvenating** for better recovery and mood regulation.



M

MASTERY

can help you return to work with a refreshed perspective and increased enthusiasm

TRY THIS!

Enhance Your Skills

Use your break time to **engage in activities that provide a sense of accomplishment and skill development**. Pursue a hobby, learn something new, or tackle a small project.



M

MEANING

during breaks help buffer against stress and enhance overall life satisfaction

TRY THIS!

Connect with Your **Values**

Your break can be used to **reflect on recent achievements or milestones**. Celebrate these accomplishments, no matter how small, to maintain motivation and a positive outlook.



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AFFILIATION

reduces feelings of isolation and provides emotional recovery for work and life

TRY THIS!

Lean into Your **Social Connections**

Engage in informal conversations, socialize with colleagues, or spend time with friends. This help reduce feelings of isolation and provides emotional recovery.