

GETTING STARTED

Boosts are activities meant to be done on a work break to restore and refresh you physically, mentally, socially and spiritually. Boosts can be taken alone or with others as a group.

If using this guide for the Booster Break Challenge, we encourage you to try these activities on a group break. Keep in mind, however, that individual work breaks are incredibly important and should still be incorporated regularly. Read on for a background on the importance of taking breaks and a list of different break ideas.

Boost is designed to help you:

- Increase your awareness of how you currently work and its impact on your energy levels
- Realize the importance of taking your work break (instead of working through it)
- Try out various activities or “boosts” during work breaks
- Discover the types of breaks that leave you feeling renewed and reenergized and get into the habit of taking these breaks regularly to restore energy levels

Leave work with more energy to spend on the things that matter most

Tips for Success:

- Give each boost a try, even if it seems silly or out of your comfort zone.
- Make an intentional effort to take advantage of your work break, even if you only have a few minutes to spare. Many of the activities can be done in five minutes or less.
- Encourage your coworkers to participate with you.
- Take note of which breaks leave you feeling most refreshed.

What are the benefits of different boosts?



Physical breaks, like exercising or stretching, increase blood flow to your brain and reawaken your muscles. They also release “feel-good” endorphins for a powerful boost of energy to fuel your day.



Intellectual breaks, or brain breaks, boost creativity and encourage “aha” moments or creative breakthroughs. Relaxing after periods of intense focus allows the brain to reboot and produce fresh ideas.



Social breaks, like team work or play, add joy to your work day, relieve stress, and provide a sense of connectedness. They make work more pleasurable by improving office morale and relationships.



Spiritual breaks, like moments of reflection, provide time to explore and connect with your core values and purpose. They renew positive emotions and help foster the resilience needed to face life's daily obstacles.

Try these boosts on your next work break!



Physical breaks are easy to do with a group or alone. These are important for days when you're sitting for long periods of time.

- Stretch
- Work out at work with simple moves like wall sits, desk pushups and squats
- Go for a walk
- Hit the stairs



Intellectual breaks are a great way to split up mentally taxing tasks or start/end a stimulating meeting.

- Accomplish something small, like completing a word puzzle, to get emotional satisfaction from finishing something
- Doodle or color
- Take a brain dump; write down everything that's on your mind
- Read a few pages from a book or an interesting article
- Day dream; write down three big picture goals, taking time to visualize each



Social breaks foster comradery and connectedness. Build some play into your day!

- Chat with a coworker(s) about a non-work topic; if you need help getting started, ask about a favorite food, vacation or book
- Play a game like hot potato or Simon says
- Do something nice for a coworker or with a coworker
- Compete with your coworkers in a word search race



Spiritual breaks allow you to reconnect with your core values and purpose. Some of these breaks may be better taken alone, while others can be done in a group.

- Take a laugh break; look at funny animal videos or clips of babies laughing
- Day dream
- Listen to music; focus just on the music and nothing else
- Spend a few minutes out in nature