

micro breaks

MAJOR BENEFITS

A microbreak is a 30 second to five-minute break taken frequently throughout the day. Our bodies and minds work best when we manage our energy efficiently. Taking regular breaks throughout the day helps improve concentration and productivity while reducing stress and fatigue.



did you know?

The people living in the world's longest-lived communities take microbreaks and make pausing, resting, and reflecting a daily practice. As a result they reduce the overall inflammation in their bodies and add quality years to their lives.

Learn more at:

mendocinocounty.bluezonesproject.com