

TAKE A BREAK

AND PREVENT BURNOUT

The COVID-19 pandemic can be a stressful time for everyone. It is not uncommon to feel anxious or worried. Below are some tips to help.

THINGS TO PAY ATTENTION TO

- Reduce exposure to news about COVID-19, it can increase feelings anxiety and worry.
- It's important to monitor your own physical and mental health.
- Know the signs of stress and when to seek help from a professional.

5 MINUTE BREAKS CAN HELP

Taking short breaks throughout the day gives your brain and body a chance to rest, it relieves stress, and keeps you focused and thinking more clearly and improve your overall well-being.

When your schedule is packed, it's more important than ever to find bits of time for breaks.

TEN THINGS TO DO ON YOUR BREAK

1. Close your eyes and count slowly to 10 and then back down to 1.
2. Write your thoughts out on paper until your brain is clear.
3. Listen to upbeat or calming music.
4. Watch a funny video. Laughing will help you to feel more relaxed.
5. Drink a glass of water. Dehydration can make you tired, headachy, and cranky.
6. Meditate.
7. Stretch.
8. Take a walk. If you can't leave your older adult alone, just step outside the door and breathe some fresh air, leaving it open so you can keep an eye on them.
9. Exercise until you feel energized.
10. Plan a fun activity for a later time. The planning will help give your mind a break and give you something to look forward to.