



# Brain Break



## A Short Time-Out for Peace

Practice taking a brain break two or three times a day and especially before returning home at the end of the day. You will be surprised to see what happens to your mood, your energy, and your performance.

- Stop what you're doing and step away from the world for a moment.
- Let go of what you were thinking, and allow your mind and body to relax.
- Take a deep breath and allow yourself to relax even more. Let go of everything. Feel your brain relax as you let go.
- No worries, no problems, no goals, no one to please, nothing to change or fix. Just let everything go for a moment.
- Take a slow, full, and easy breath – and as you do - let your mind and heart open wide. Allow peace to begin to emerge as your experience, all by itself.