



## 4 Simple Ways to Take an Energy Break

1. Let your mind wander.
2. Fuel your body and brain. Choose a high-protein snack like a handful of nuts or almonds.
3. Get outside and enjoy all nature has to offer.
4. Exercise your eyes – follow the 20/20/20 rule. Every 20 minutes, take 20 seconds to stare at something at least 20 feet away.