Mindfulness & relaxation

sata CommHealth

Take regular breaks

Take a rest break (e.g. stretching, walking or closing eyes to rest) every 20 to 30 minutes to improve focus and reduce stress.

Focus on your breath

When you realise your breathing gets faster, take a few minutes to focus on slowing down the breathing.

Try counting slowly to 10 while breathing in and out.

Be kind to yourself

Avoid negative self-talk and acknowledge that stress affects everyone.