

MINDFULNESS BREAK PROMPTS

WELLNESS DESIGNED FOR YOU

An employee-focused guide that provides quick mindfulness exercises to reduce stress, improve focus, and promote overall workplace well-being.



MINDFULNESS BREAK PROMPTS



Short, guided reset activities to help you pause, recharge, and refocus during your workday.

1

FOCUSED BREATHING

Take 3-5 slow, deep breaths as you inhale through the nose—hold for a few seconds—then exhale through the mouth.

🕒 1-2 MINUTES

2

SENSORY CHECK-IN

Observe 3 things you see, 2 things you hear, and 1 thing you can feel. Bring your full attention to the present moment.

🕒 1-2 MINUTES

3

POSTURE RESET

Slowly roll your shoulders in circles, stretch your neck from side to side, and sit up tall. Release tension in your back as you relax the body.

🕒 1-2 MINUTES

4

MINDFUL STRETCH

In a standing or seated position, stretch your arms, back, and legs. Move mindfully as you breathe in and out, becoming aware of what is around you.

🕒 2-3 MINUTES

5

GRATITUDE PAUSE

Take a moment to reflect on what you are grateful for today. Let it uplift your mood and your perspective.

🕒 1 MINUTE

6

DIGITAL RESET

Step away from screens. Go for a short walk or take a few moments outdoors and give your mind a break.

🕒 3-5 MINUTES

7

POSITIVE CHECK-IN

How are you feeling right now? Name your feeling and choose one small thing you need today.

🕒 1-2 MINUTES

Small breaks. Big Impact.
Take a few mindful minutes to improve your focus, reduce stress, and support your well-being!