OCTOBER 28

Recharge and Refocus

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Work can be demanding, and energy naturally rises and falls. Taking short moments to recharge helps maintain focus and prevent burnout.



Pause and Reset

Take a brief moment to pause and reset. If you're able to step away from work, do that for a few moments today. As you do, slow your breathing and relax any tension in your body.

Restore Focus

Refocusing helps you think clearly, reduce stress that you're presently facing, and improve performance. Even short pauses can make a difference!

Choose how you will

Recharge and Refocus

Support Your Energy

Remember that your energy is not constant; while you may experience high energy, you can also face low energy. This is ok! Taking breaks and even small resets are a powerful way to protect your energy and improve performance.

Keep It Simple

It might be daunting to think of a long break while you're very busy. The good news is that you don't necessarily need long breaks. Small pauses are enough.

Learn more at
healthyworkplacemonth.ca

OCTOBER 28

Recharge and Refocus

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Daily Resource

60-Second Reset

- Take 3 slow breaths
- Relax shoulders
- Pause briefly
- Return with focus

Watch:
5 Minutes Box Breathing Exercise
Box breathing helps calm the nervous system, reduce stress, and improve focus, making it useful in high-pressure work environments.

Workplace Tips

For Leaders

Encourage short breaks and model healthy work habits. Support a culture where recharging is part of productivity. Remember to recharge yourself so you can show up for your team.



For Team Members

Take small moments to pause and recharge. Even a short reset can improve your focus. Think about how you can take some time to pause and recharge today.

> **Almost everything will work again if you unplug it for a few minutes.**
>
> **– Anne Lamott**

Learn more at
healthyworkplacemonth.ca