ILLINOIS VALUE PROPOSITION

Simple Screen Break Strategies

Well-Being | 60-Second Focus | Individual

Taking regular breaks from your screen is essential for maintaining your overall well-being and productivity. Here are some simple strategies to help you stay refreshed and focused throughout the day.

- **60-Second Focus**: Take a minute to close your eyes and focus on your breathing. This helps to relax your mind and reduce eye strain.
- **Stretching**: Stand up and stretch your arms, legs, and back. This can help improve circulation and relieve muscle tension
- **Walk Around**: Take a short walk around your workspace or step outside for some fresh air. This can help clear your mind and boost your energy levels.
- **Hydrate**: Drink a glass of water to stay hydrated. Proper hydration is essential for maintaining focus and overall well-being.
- **Eye Exercises**: Perform simple eye exercises, such as looking away from the screen and focusing on a distant object for 20 seconds. This can help reduce eye strain.
- **Grounding Exercise**: Grab a piece of paper and draw a spiral. This reflective activity helps you check in with yourself and your body, identifying stressors and bringing yourself to the present moment.
- **Schedule Blocks of Time for a Digital Detox**: Plan an extended break from screen time or social media to focus on work that is not screen related. This helps you reconsider your balance in the digital world and can be refreshing.

By incorporating these screen break strategies into your daily routine, you can improve your focus, reduce eye strain, and enhance your overall well-being. Remember to take regular breaks and prioritize self-care to maintain a healthy work-life balance.

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