

BRAIN BOOSTING BREAKS

Exploring opportunities that enhance our intellectual wellness through learning or testing knowledge is great! However, it is very important to give your brain a break- especially if there are many things you are balancing.

After any mental challenge, short breaks can help...

- Boost creativity
- Improve long-term retention
- Increase oxygen flow to the brain
- Elevate mood and energy
- Reduce stress and anxiety



What kind of brain breaks should you take?

Use activities in the other 7 dimensions of wellness as a starting point to explore activities that you find peaceful, restorative, or calming!