

## **Give Yourself a Break Discussion Notes**

### **What do we need a break from?**

- Pressure (we put on ourselves)
- From ourselves – we create this
- Colleagues
- Family/Family politics
- House Duties
- Obligations
- Routine Commitments
- Rat race
- Rushing around
- “We know you won’t mind”
- Pressure to socialise
- Keeping everyone else happy

### **Why do we feel this way?**

- We all do too much
- Always saying yes (when we don’t mean it)
- Don’t question things enough/take stock
- Survival
- Have to respect ourselves
- Need to value ourselves
- We’re lacking perspective

### **Why is taking a break important?**

- To avoid getting overtired and leaky emotions
- Gain clarity on situations/life
- Get perspective
- Ensure you're on track with goals
- Restores energy
- Recharge your battery
- HIIT (High Intensity Bursts)
- Eye strain
- Physical/brain strain
- Have time to do what you enjoy

### **What can taking a break look like in practice?**

- Workshops – personal development
- Small things – cup of tea in the garden
- Sunflower – sun on face
- Change – look at routine
- Dog breaks
- Massage – regular/reflexology
- Bath
- Reconnect brain and body – move
- Herbal tea/essential oils
- Lunch break – kitchen
- Watch TV/Netflix/YouTube – Escapism
- Use all your senses
- Being more present



### **Takeaways and actions**

- It's essential – not a nice thing to have
- I'm not alone
- Small things add up
- Be present and enjoy it
- Mindset of taking a break
- It's good to do nothing
- Be conscious of not doing things to keep other happy, but for myself
- High intensity bursts of work – then rest
- Sunflower – get some sun