## **JobTIPS**



## Tip - Break Time!

Here are some ideas for break activities:

- 1. Use the bathroom.
- 2. Get something to drink.
- 3. Eat a snack.
- 4. Read a book or magazine.
- 5. Surf the internet.
- 7. Check email.
- 8. Play a computer game.
- 9. Practice relaxation strategies.