

JobTIPS



Set Up For Success!

Here are some things to do during your work break that could put you in a good mood:

1. Go for a walk.
2. Play computer games (if you are allowed to do this during breaks at work).
3. Surf the internet (if you are allowed to do this during breaks at work).
4. Listen to music using headphones.
5. Email or text a friend.
6. Eat a snack.
7. Read a book or magazine.
8. Make lists.
9. Draw.
10. Chat with co-workers.