Children's℠
Healthcare of Atlanta

Recharge with a Recovery Break

When you feel overwhelmed, finding time to catch a breath may seem out of reach. However, taking short recovery breaks throughout the day can boost energy and allow you to be more productive. Try these simple recovery tips.

- Schedule time on your calendar for a break each day
- Avoid scheduling back-to-back meetings
- Reduce hour-long meetings to 50 minutes
- Stand up at least every 90 minutes and take a deep breath
- Go for a water break
- Close your eyes and take three deep breaths
- Grab an apple and take a walk while you eat it

Need other ideas or suggestions? Email us at **Strong4Life@choa.org**

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