

Give me a break!

Sitting, standing, and working at a computer for too long can cause **discomfort as well as decrease productivity and your ability to focus.**

Take 6–10 second breaks every 20–30 minutes to reduce the risks associated with working in a seated position.

- **Set reminders.** It's easy to get caught up in a task and lose track of time. Set reminders on your phone or calendar to alert you when it's time to take a breather.
- **Change your posture.** If you've been sitting for a long time, stand. Make sure your break differs from your previous activity.
- **Seek variety.** Use a restroom, water fountain, or printer on a different floor. **Added bonus:** Take the stairs to get there.
- **Get moving.** Take a walk or do another activity. A "yoga at your desk" video and a guided relaxation audio are available for download at **Wellness.IllinoisState.edu**.
- **Draw the line.** Avoid mixing work and breaks. Be sure to step away from whatever you are doing and change your body's position.



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

Wellness.IllinoisState.edu

This document is available in alternative formats upon request by contacting Health Promotion and Wellness at (309) 438-WELL (9355). An equal opportunity/affirmative action university encouraging diversity

University Marketing and Communications 13-0656 printed on recycled paper

