15-Minute Purposeful Break Hacks

Need Energy?

1. Get moving by stretching in your work space.
2. Take a 15-minute power nap.
3. Find inspiring stories, like TED Talks, to get you motivated.

Need a Brain Boost?

1. Check out Luminosity for free brain exercises.
2. Read an inspiring book to get a break from your computer screen.
3. Snack on brain-boosting foods, like berries, trail mix, or kale chips.

Need Improved Productivity?

1. Pick a project. Do a 15 minute brainstorm on it.
2. Declutter your inbox or unsubscribe from unnecessary newsletters.
3. Organize your smartphone, files or desk.

Need Social Connection?

1. Send a Gator Appreciation to a co-worker.
2. Check in on a co-worker or friend on Zoom or TEAMS.
3. Call or text an old friend, sibling or family member to say hi.

Need to Relax Your Mind?

1. Do nothing for two minutes – donothingfor2minutes.com
2. Pick a new inspiring or relaxing desktop backgrounds.
3. Grab a notepad or journal and write for a few minutes.

"You need to take a break away from your work area so when you return you are more refreshed and ready to work."
-Byron Pulsifer