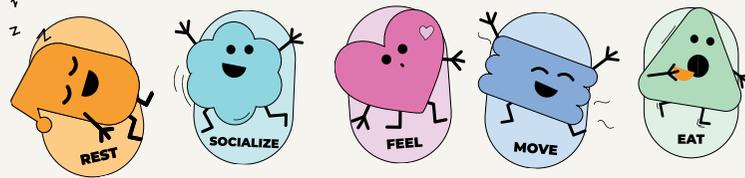


# LET'S TAKE MENTAL HEALTH VITAMINES



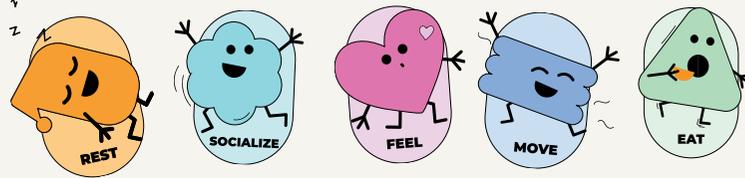
# Cheat sheet for micro breaks

What can you do if you get a free moment during the day, whether it is 3 minutes, 10 minutes, or 30 minutes? **What kind of rest do you need, and how can you recover?** Types of rest from Dalton-Smith's book Sacred Rest (2017).

	PHYSICAL REST	MENTAL REST	SENSORY REST	CREATIVE REST	EMOTIONAL REST	SOCIAL REST	SPIRITUAL REST
3 MINUTES	Nap Energizing exercise Relaxation exercise ("goldfish")  Washing your face Stretch-and-reach exercises	Listening to music  Meditating  Social media  Filling in next week's calendar	Looking out the window Squeezing something (a stress ball)  Opening a window and breathing fresh air Petting my pet	Sudoku  Playing the piano  Doodling on paper	Silence  Listening to music	Talking with a colleague  Silence  A call with a friend Calling a loved one and telling them they are important to me	Breathing exercise  Silence  Exercises from Vaikuseminutid.ee
10 MINUTES	Nap Dance steps  Starting a load of laundry  Hanging laundry to dry A quick shower	Doing nothing  A coffee break with a view of nature  Doing a bit of crochet or knitting	Looking out the window  Drinking tea Closing my eyes for a moment and leaning back in a chair  Petting my pet	Haiku  Planning lunch or dinner  Drawing	Reading a book  Listening to music  Social media	Going to lunch with a colleague/friend  Writing to my child to ask how their day went.	Meditating  Yoga (e.g. following a YouTube video)  Talking to myself in front of a mirror
30 MINUTES	Walk (in the park) Cleaning Ironing laundry Yoga Running Gardening Dancing Gym Shower/quick bath	Lounging  Reading a book	Bath/sauna session  No screens for 30 minutes  Lying down	A small drawing on paper  Photography Puzzle Painting	Concert  Watching one episode of a favorite series  Listening to a podcast	Coffee break with a colleague Lunch  Doing something with the kids, like having lunch together or having candy or ice cream in summer	Guided meditation  Reading something spiritually uplifting

This table was created together with psychiatrist and trainer Elina Kivinukk

LET'S TAKE  
MENTAL HEALTH  
VITAMINES



# Micro-break Cheat Sheet

What can you do if you get a free moment during the day, whether it is 3 minutes, 10 minutes, or 30 minutes?  
**What kind of rest do you need, and how can you recover?** Types of rest from Dalton-Smith's book Sacred Rest (2017).

LET'S FILL IT  
IN TOGETHER!

	PHYSICAL REST	MENTAL REST	SENSORY REST	CREATIVE REST	EMOTIONAL REST	SOCIAL REST	SPIRITUAL REST
3 MINUTES							
10 MINUTES							
30 MINUTES							

- Physical rest** – (1) passive, e.g. sleep and naps; (2) active, e.g. physical activity
- Psychological (mental) rest** – rest from constant mental work
- Sensory rest** – rest from stimulation, e.g. screens, noise, polluted air
- Creative rest** – variation from creative tasks; related to problem-solving
- Emotional rest** – satisfaction in relationships, but also, for example, enjoying art
- Social rest** – related to interpersonal relationships
- Spiritual rest** – meaning, gratitude, the bigger picture