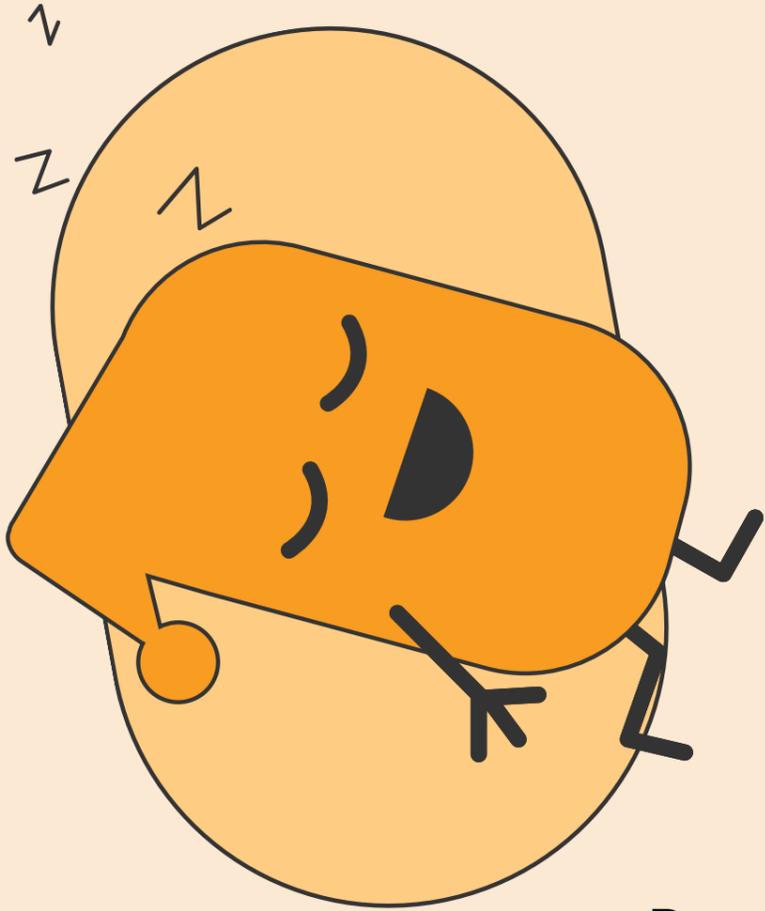


# IT'S VITAL THAT YOU REST!



Find suggestions for  
your mental health  
support at [peaasi.ee](https://peaasi.ee)

## Recommendations for breathing breaks:

- focus on deep breathing;
- try out the 5 senses exercise;
- go out and look for spring or admire the nature from inside;
- imagine that you are at a warm and cozy place that makes you feel good;
- listen to some uplifting music;
- notice 5 things that you are thankful for;
- take mindful walks: take a walk and try to notice things you never saw before;
- try to do nothing;
- relax and tighten different muscle groups and body parts;
- dream big or small;
- be like a tree – try to feel as if you are rooted to the ground and rising to the heights;
- get a book of poems and read it during breaks.



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