



# THE SCIENCE OF MICROBREAKS

Presented by Steve Heath  
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# Steve Heath

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# Session Objectives



By the end of this webinar, participants should be able to:

- Define what a microbreak is and list at least three neuroscience-backed benefits of microbreaks in the workplace.
- Demonstrate at least three practical microbreak techniques that can be implemented during the workday.
- Track and record their use of microbreaks at least twice per workday using a provided habit tracker.
- Evaluate their own work routines and identify two opportunities per day to incorporate microbreaks for improved focus and wellbeing.



**When work gets busy,  
what usually happens  
to your breaks?**

**A) I forget them completely**

**B) I feel guilty taking them**

**C) They get interrupted**

**D) I don't really take any**

**E) I take them, but they don't  
seem to help**

## **Key characteristics of a microbreak:**

- **It's brief**
- **It's deliberate**
- **It's restorative**
- **It happens regularly, not just when you're exhausted**





**How do you usually notice your focus fading... what's your early warning sign?**

A woman with long dark hair is sitting in a black office chair at a desk, meditating with her eyes closed and head tilted back. On the desk in front of her is a laptop, a white mug, a blue notebook, and some papers with sticky notes. Three white circular callouts with a torn-edge effect are overlaid on the image, containing the text: 'Restoring attention' (top left), 'Regulating stress' (center), and 'Preventing burnout' (top right).

**Restoring  
attention**

**Regulating  
stress**

**Preventing  
burnout**



**At what point in the day  
do you most notice your  
energy or focus dip?**

# Microbreak 1: Breathing Reset



# **Microbreak 2: Movement Reset**



**Microbreak 3:  
Visual & Cognitive Reset**



**FEELING  
GUILTY**

**WORKPLACE  
CULTURE**

**FORGETTING**

**THINKING YOU  
NEED MORE TIME**



**HABITS**

**New Habit Formula:**

**After [current habit],  
I will [new habit].**



**HABITS**

**After sending an email  
→ three slow breaths**

**Before meetings  
→ stand and stretch**

**When I feel stuck  
→ look away from the  
screen for 30 seconds**

**Date:** \_\_\_\_\_

**Microbreak 1**

**Time:** \_\_\_\_\_

**Type (e.g. breathing / movement / visual / other):** \_\_\_\_\_

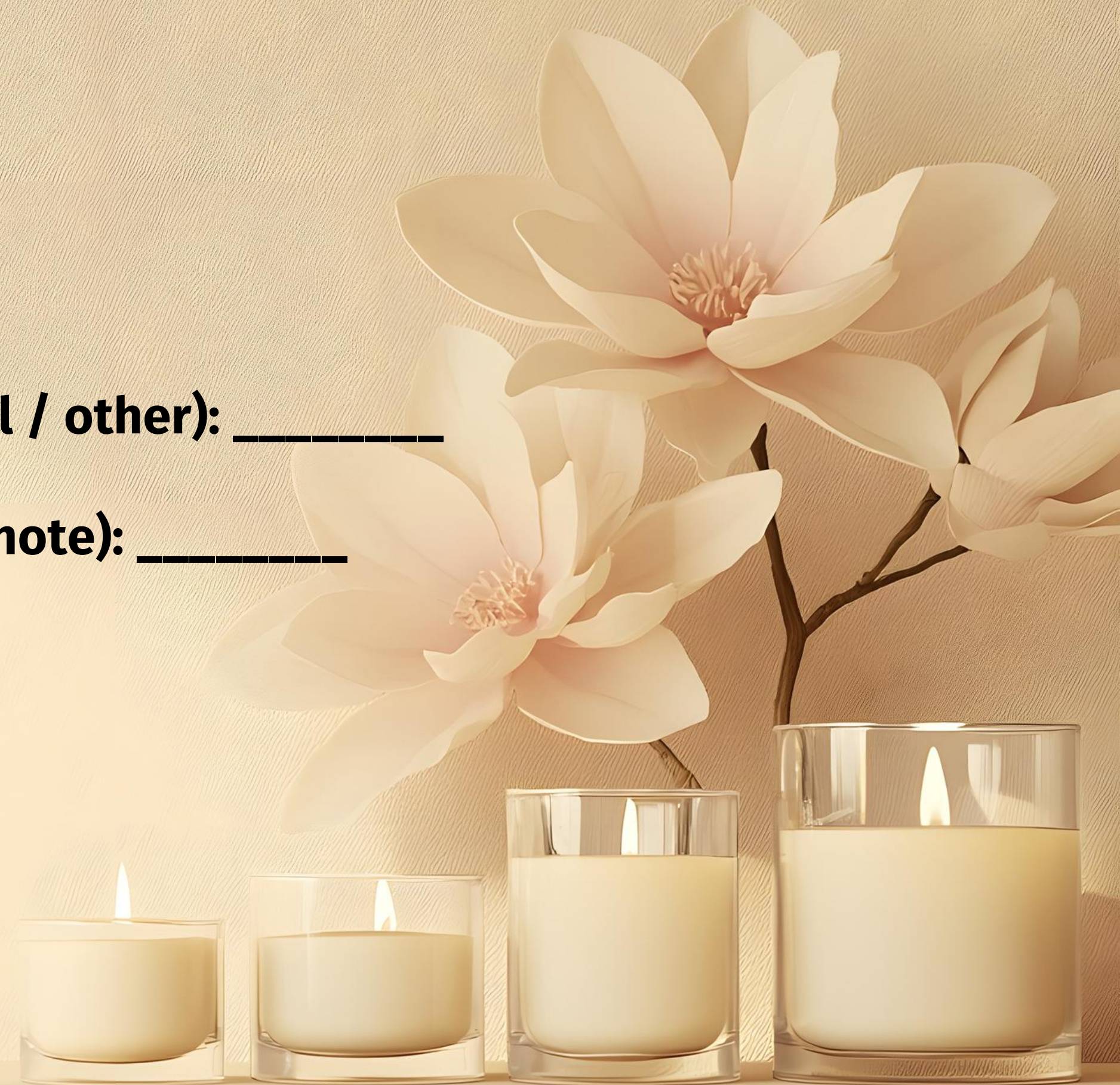
**Impact on focus or energy (1-5 or short note):** \_\_\_\_\_

**Microbreak 2**

**Time:** \_\_\_\_\_

**Type:** \_\_\_\_\_

**Impact:** \_\_\_\_\_



## **Optional reflection at end of day:**

- **Did anything change in my focus, stress, or energy today?**
- **What made microbreaks easier or harder to take?**





**Which existing part of your workday could you most easily attach a microbreak to?**



**Commitment to action:**

**What is one microbreak  
you commit to practising  
twice a day this week?**



# Any Questions?

Please feel free, this is a safe space 😊



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By the end of this webinar, participants should now be able to:

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