15 Minutes to Recharge a Busy Mind

Take a break
You’re in charge of your mind. You can help it grow by using it in the right way.

Anon

Introduction

What do you do on your lunch break?

Do you finish your break feeling tired and not refreshed?

Do you use your break to re-charge your batteries, clear your mind and reboot your body for the rest of your day?

We will all do different things on our breaks, some of us won’t take them. But it is so important, for our mental and physical health, to rest, recharge and replenish ourselves. This booklet aims to help you to do just that!
Pick a letter of the alphabet.

Using this letter, think of the words, beginning with that letter, for the following categories:

An animal ___________________________
A country ___________________________
A food ______________________________
A person’s name ______________________
A make of car _________________________
A household item _____________________
A colour _____________________________
A song or artist _______________________
Something shiny _______________________
Something that makes you happy __________
A positive word ________________________
Stretches to rid body tension

Give these simple stretches a go for 10 seconds each to relieve any tension that is in your body. Mind and body come as a package! Remember to keep your breathing controlled; inhale via nose and exhale via mouth.

- Shoulder rotations
- Back stretch
- Arm stretch
- Chest expansion
- Forward bend
- Overhead reach
Busy minds need clearing

3 minutes of thoughts

Our minds get really busy. Sometimes with thoughts that pop in and out so quickly that we don’t have time to rationalize them, but they stick with us like a bad smell, adding to our stress and anxiety.

Activity: set a timer for 3 minutes, write down all thoughts, big or small, in the space below. This will help clear your mind. You will be surprised how many thoughts you have in such a short time!
Mindful colouring

I CAN DO
ANYTHING
THAT I
SET MY
MIND TO
Positivity tree

Pick yourself up – write down some things that make you happy, or achievements that you have made today, on the tree below.
To do list:

If things are still buzzing around in your head, use this space to jot down a ‘to do list’, or a list of things that you need to remember. Let the paper remember it for you and give your head a rest.

Things to look forward to:

It may be a manic Monday, you may have post-holiday blues, you may be working a 6 day stretch, long nights, or you might be a family carer. Work can be tough and it can be tougher when we look after others. Don’t forget that you matter too! Use this space to jot down some ideas for your next time off, or write a list of things you would like to do this week, this month, or this year.