My break menu

Pick what suits your time and energy. You can change your mind.

A few minutes

Make a warm drink
Enjoy a favourite song
Look out of the window

A little movement

Step outside
Stretch in a comfortable way
Walk to another room

Something creative

Draw a small shape
Write a few lines
Take a photo for yourself

More time to unwind

Read a chapter
Work on a puzzle
Make something simple

When I come back, my next action is: