



# From the Grove

## A MENTAL WELLNESS NEWSLETTER

### TIME OUTS: Why They Are Good for Your Mind and Body

by Dr. Wanda Hall-Myers

#### TYPES OF BREAKS

You may take regular brief breaks by carving out 5-10 minutes at various times during the day. Or you may take a longer, daily break such as an hour just to relax. Sometimes it becomes necessary to take an entire day “off” from work or other usual responsibilities.

Then there is also the extended break such as a vacation or during this pandemic, a staycation. With this type of break, you may take several days or week(s) off at a time. To be most productive and for optimal mental wellness, you need to have a mixture of all these breaks.



#### WHY TAKE BREAKS?

##### *Rest*

Breaks provide the opportunity to rest, allowing the body and mind to refresh and recover from all the work they normally perform. It is a time to recharge.

##### *Relieve Stress*

You live in a world that is filled with stressors from a global pandemic and racial unrest, to problems stemming from home and work. When you take a break, it’s an opportunity to take a deep breath or sigh and momentarily retreat from the stress.

##### *Improve Productivity*

Most people perform better when well rested. When you are tired and needing a break, it negatively affects your body’s ability to react and also your mind’s ability to concentrate.

##### *Reflect*

Taking a break provides the opportunity to get in touch with yourself and your thoughts. It is important to have the time to “check-in” with yourself in order to stay mindful and increase your awareness.

##### *Meditate*

Time to reflect on God is another good reason to take breaks. These times allow you to think deeply on God’s Word and spend time in quiet communion with Him.

If you have been failing to take your breaks, decide today that you will schedule breaks of all types.

#### ACTION STEPS

Which type of break (e.g., brief, short-term, long-term, etc.) have you neglected?

What do you need to do to make sure you get your breaks?