

# Tips for good health – Take a Break

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A change of scene or a change of pace is good for your mental and physical health.

This does not necessarily mean stopping everything and doing not very much at all. Taking a break may mean being very active. The important thing is that it is a break from what you have been doing and gives you a chance to recharge. You would not expect your phone to keep going without it be recharged, so may sure you do the same for your mind and body.

It could be a 15 minute break from homework or revision to tidy your sock drawer. Or it could be an hour's break for lunch and a chat with friends, or even a weekend away exploring somewhere new. Even just a few minutes 'me time' can be beneficial.

Listen to your body. If you are really tired, give yourself time to sleep. Without good sleep, our mental and physical health suffers and our concentration goes downhill.

Why not try this 3 minute mindfulness break.

**<https://www.mentalhealth.org.uk/podcasts-and-videos/3-minute-mindfulness-breathing-space>**

