

Northwest Permanente Wellness Passport Guidelines

June – August 2016

Occupational: Take a break

Take a break

Taking breaks actually improves job performance, and it also helps reduce overall work stress. Just a few five-minute breaks scattered throughout the day can help strengthen mental focus and clarity. Get up from your desk, stretch, chat with a coworker and walk around the office for a minute. Do a short meditation to clear your mind and refocus your energies.

Write two or three sentences about how this exercise personally helped you. To receive credit, submit the via email to NWPWellness@kp.org

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail: nwpwellness@kp.org