🪶 5-Minute Brain Break: Restore Your Focus & Energy 🪶

Your brain isn't a machine—it thrives on rhythm.

Pause. Breathe. Return stronger.

🌸 Why It Works

- **Science-backed:** Short breaks prevent decision fatigue and boost productivity.
- **You deserve it:** Regular pauses reduce stress and improve creativity.

🕐 When to Take a Break?

- **Morning (High Energy 🌞):** Every **60 minutes**.
- **Afternoon (Low Energy 🌙):** Every **30 minutes**.
  Pro Tip: Use a timer (⏰) to avoid mental reminders to "get back to work."

🧘 What to Do During Your 5-Minute Break?

Step away from screens and tasks! Try these:

1. **Move Your Body + Breathe**
   - Walk (even around your desk!), stretch, or do gentle yoga.
   - Pair movement with **conscious breathing** (inhale for 4 counts, exhale for 6).
2. **Calm Your Mind**
   - Practice deep breathing (focus on the sound of your breath).
   - Doodle, color, or hum/sing a song (🎼 belt it out if you're alone!).