

BUILDING BRAIN BREAK MOMENTUM

Let your team, community or colleagues know that you practice brain-healthy habits. Invite the people around you to join in a collective brain break – a simple and effective way to increase awareness and help more people prioritize brain health.

Below is a sample letter you can customize and share in emails, newsletters, intranet or other communications.

Note the helpful hints for customizing your message highlighted below.

Hello Team,

Our organization [personalize] is highlighting the importance of brain health for everyone this day/week/month in partnership with Center for BrainHealth. We are encouraging teams to take "brain breaks" in an effort to support resiliency, mental clarity and innovation among our employees/members/community.

Your brain needs downtime, just like your body. Research shows that taking brief breaks calms the brain by reducing cortisol (stress hormone) and helps to prime the brain as you prepare for a new task.

Brain health is essential to our wellness, performance and employee satisfaction.

HOW DO BRAIN BREAKS LOOK FOR YOUR ORGANIZATION?

Pick and choose ideas to start personalizing brain breaks that work for you.

- **Schedule synchronous time** – encourage people across your organization to take individual brain breaks ([flyer](#)) and apply strategies for brain breaks ([tip card](#)).
- **Meet up for a group brain break** – schedule everyone, or start with select teams or departments, and take a "brain break" together, e.g., a short, quiet walk outdoors or downtime in a calm common area, with technology and chatter turned off.
- **Build momentum by sharing your experience** – post group or individual photos to your social media accounts and tag Center for BrainHealth, or email your pics to Paige Hayes at Paige.Hayes@utdallas.edu and we will share and tag you!

Small habit changes can make a dramatic difference – creating mental energy, reducing stress and increasing personal satisfaction in the workplace.

Let's join in a collective brain break and encourage others to take time to reset!

Access our toolkit: <https://centerforbrainhealth.org/great-brain-gain/toolkit>

INTERESTED IN LEARNING MORE ABOUT YOUR HABITS?

Take the Toxic Habits Quiz: centerforbrainhealth.org/toxic-habits-quiz

Find out if your daily habits are helpful or harmful – you might be surprised!