



# Take 5!

TAKE 5 MINUTES WITH  
SOMEONE

Take 5 is about having a short 5 minute break with anyone.

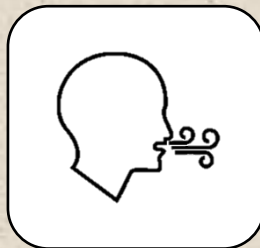
When working on a complex problem or when you feel that you have too much to do, it is easy to convince yourself that you do not have the time to take breaks

TRY THESE OUT!

Sing



Breathe



Play



Click Here

