WORKSHEET 105 · FOR THE PSYCHOLOGIST

Breaks in my day

Short stops to keep my energy up

AIM

Introduce regular micro-breaks throughout the working day (moving, breathing, going outside, changing task) to limit the build-up of tiredness.

WHO IT IS FOR

Days without breaks, screen work, tiredness at the end of the day.

DURATION

A few minutes, several times a day

HOW TO RUN IT

1. Look at the current rhythm: real breaks, meals in front of the screen, hours without moving.
2. Choose simple micro-breaks (standing up, stretching, looking into the distance, a few breaths, walking).
3. Schedule them at specific times (reminders, between meetings).
4. Assess the effect on tiredness at the end of the day.

POINTS TO WATCH

> Breaks don’t compensate for an excessive workload; they are part of a broader reflection (worksheets 98, 101).

REFERENCES

Sonnentag, S. & Fritz, C. (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. Journal of Occupational Health Psychology, 12(3), 204-221.

Maslach, C. & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. World Psychiatry, 15(2), 103-111.

PSYCHOLOGIST’S NOTES

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WORKSHEET 105 · WORKSHEET TO HAND OUT

Breaks in my day

Working hour after hour without stopping wears you out faster than you think. Short, regular breaks of a few minutes help keep your energy up until the evening.

1. Every 60 to 90 minutes, I stop for 3 to 5 minutes.
2. I move: standing up, stretching, walking.
3. I rest my eyes and my mind: looking into the distance, breathing slowly (worksheet 15).
4. I eat away from the screen when I can.

Day	Breaks taken	Did I eat away from the screen? (yes/no)	Tiredness at the end of the day /10

Which break does me most good?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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