Step away. Come back better.

Short, regular breaks help you focus and feel less drained. Try one of these today.



Every 20 minutes
Look 20 feet away for 20 seconds.



Stand up
And stretch.



Get some daylight
Even for five minutes.



Drink some water



Eat lunch
Away from your screen.



Talk to someone
About something that isn't work.

The 20-20-20 rule helps screen-tired eyes.

FREE 2-MINUTE CHECK-IN

How are you doing this week?

Scan for a free, private wellbeing check-in. No app, no login, and your results straight away.

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