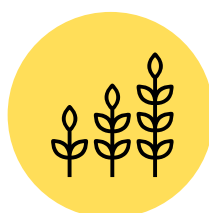


WHAT IF YOUR TEAM COULD PRIORITIZE BREAKS

TAKING REST BREAKS AND MEAL BREAKS



decreases
fatigue



improves
well-being



time to cope
with stressors



decreases
burnout



Breaks allotted for a 12-hour shift:

One unpaid meal break (20-30 minutes)

Two paid rest breaks (5-15 minutes each)

Intention to take a
break is needed
to make it happen

Break Areas

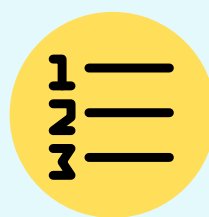
- Break room
- Conference room
- Outside for fresh air
- Waiting room (when not in use)

TAKING YOUR BREAKS IS A FOUR STEP PROCESS



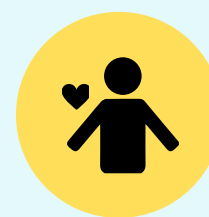
Plan out

at team huddle
when team
members will
take their breaks



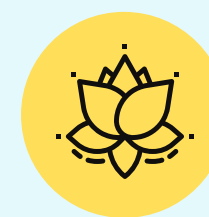
Prioritize

breaks along
with nursing
tasks



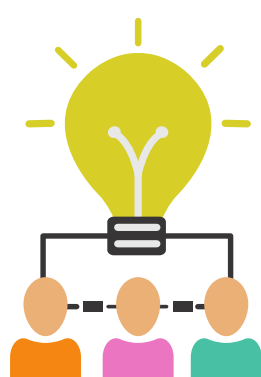
Exchange

patient coverage
with CN or break
pod nurse



Take Break

disengage from
work and focus
on personal
needs



Overwhelmed? S.T.O.P.

- S – Stop, or pause
- T – Take a breath
- O – Observe thoughts, feelings, and emotions
- P – Proceed with more awareness

COMMIT TO PRIORITIZE YOUR BREAKS TODAY!