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!