

May is Mental Health Awareness Month

Breaks to support your well-being!

Move

BALANCE CHALLENGE

A gentle 7-minute standing exercise to support your stability.

CARDIO BLAST

Short low-impact cardio breaks, 5 and 7 minutes.

MINDFUL NECK RELEASE

7 minutes of gentle neck movements and breath-work.

AUDIO ONLY SESSIONS

Take screen breaks with meditation, visualization and breath-work sessions.

Breathe

Stretch

POWER FLOW

Take 7 minutes to move through strong and dynamic yoga poses.

MICRO MOBILITY

7 minutes of tiny yet precise stretches to show love to muscles and joints.

INTRO TO POSITIVE PSYCHOLOGY

A 15-minute exploration of research-backed methods to boost your well-being.

Tue May 5 @ 12:05pm PT / 3:05pm ET.

DESIGNING YOUR DEFAULTS

This 15-minute talk covers how apps, workspace and schedule quietly shape behaviour and how to change them.

Tue May 19 @ 12:05pm PT / 3:05pm ET

Learn

Eat Well

BENEFITS OF MEDITERRANEAN LIFESTYLE

Learn about the Mediterranean way of eating as a lifestyle, not just a diet.

15 minutes, Thu May 14 @ 10:05am PT / 1:05pm ET

ADDING LEMONS OR LIMES TO WATER

Learn about the benefits!

15 minutes, Thu May 21 @ 12:05pm PT / 3:05pm ET

POSITIVE PSYCHOLOGY PILLARS

Learn about the 6 pillars of Positive Psychology and how to incorporate them into your life.

7 minutes, 6 videos, watch anytime.

NEUTRALIZING ANXIETY

Learn about how rigidity plays a role in shaping intensity, frequency and duration of feelings of anxiety.

7 minutes, watch anytime,

On-Demand

➔ Check out the [monthly leaderboard!](#)

Explore [live short breaks](#) every week plus over [1,000 on-demand videos](#) to support you in your well-being.

Head to brightbreaks.com/book to get started or scan the QR code to access the mobile app.

