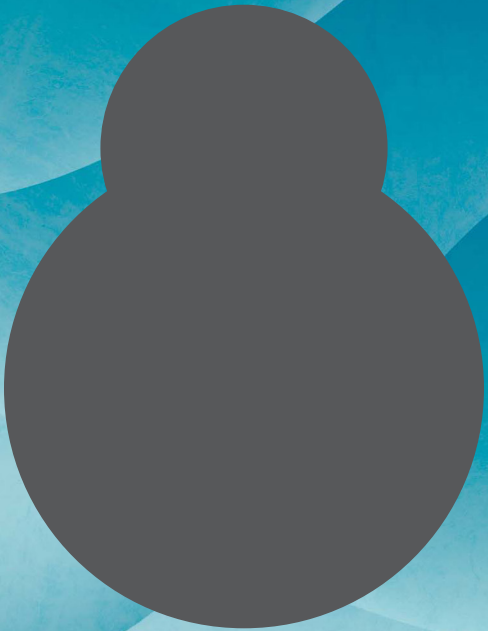


Taking a BeWell Break



T HUMAN RESOURCES



Be Well encourages all UT faculty and staff to take Be Well Breaks throughout the work day to practice self-care and energy management. Be Well Breaks can be a healthy and productive part of the University of Tennessee's work environment.

The best type of break is one that leaves the body and mind feeling rested and energized.

- Have a healthy snack
- Try gentle stretching
- Check-in with a colleague
- Take a lap around the office
- Practice a breathing exercise
- Refill your water bottle
- Walk on a campus walking route

bewell.utk.edu