



## Do you remember the small breaks during the workday?

Busyness is a common reality for many employees in Danish workplaces. It's okay to be busy at work, but it becomes a problem when we're too busy for breaks.

Many of us are constantly rushing from task to task, feeling like we don't have the time to stop and take a mental break. Breaks are an important tool in preventing stress and promoting well-being, which is why it's essential for workplaces to cultivate a culture that encourages mental breaks during the workday.

At PrimaCare, we support employees' health and well-being by scheduling short 10-minute breaks during the workday. During these breaks, we guide employees through simple online exercises focused on ensuring mental well-being.

The content of the sessions can be customized to meet the specific needs and requirements of each company, including activities such as breathing exercises or seated mindfulness.

