



Thrive



BREAK TIME

Stressed and exhausted from extended working time without a break? You need to relax and let go ...

Take time to focus away from tasks and move during your workday. Your physical and emotional health depend on it. Refresh your mind, reboot your brain and boost creativity with a much-deserved break!

Thrive invites all State of Oklahoma agencies to join.

Starting July 6, join Thrive's Susan Robinson and EAP's Jill Amos at 9:30-9:45 a.m. and 2:30-2:45 p.m. on Tuesdays, Wednesdays and Thursdays for Break Time desk stretches and relaxation breathing exercises.

[REGISTER TO RECEIVE NOTIFICATIONS](#)

Here are what attendees are saying:

This "meeting" reminds me to take a moment for myself even if it is just 10 minutes. The stretches and information are beyond helpful.

Thanks guys, you two are the BEST!

Thank you Susan and Jill. You do make a weekend nicely begin.