

60-SECOND RESET

Small breaks, big benefits. Taking just one minute during your workday can help reduce stress, improve focus, and boost your overall well-being

1-Minute Stretch

Sitting for long periods can lead to muscle stiffness and discomfort. Gentle stretching can help relieve tension, improve mobility, and support better posture.

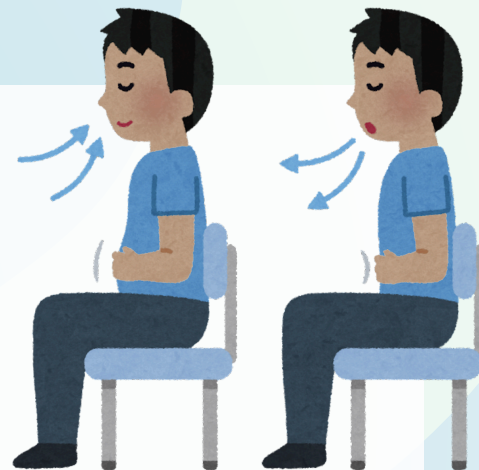
- Roll your shoulders backward five times.
- Stretch your neck side to side. Reach your arms overhead.
- Rotate your wrists and ankles.



1-Minute Breathing Reset

Deep breathing activates your body's relaxation response, helping to lower stress and improve concentration.

- Inhale through your nose for 4 seconds
- Hold for 4 seconds
- Exhale through your mouth for 4 seconds
- Hold for 4 seconds
- Repeat for one minute.



1-Minute Desk Declutter

A tidy workspace can reduce distractions, support concentration, and help you to feel more in control of your day.

Try:

- Removing one unnecessary item.
- Organizing your desktop.
- Putting frequently used items within reach.
- Wiping your keyboard or workspace.



1-Minute Gratitude Check

Practicing gratitude can improve your mood, increase resilience, and help shift your focus toward positive experiences.

Try asking yourself:

- What are three things I am grateful for today?
- Who made a positive difference in my day?
- What is one positive moment I want to remember?



Quick Reminder: One minute is all it takes to pause, reset, and return to your work feeling refreshed. For more resources on physical, mental, and nutritional health, visit the Workplace Wellness and Health section on alPHA's website [here](#).