

# TRAUMASmart®

## MICRO-RESTORATIVE MOMENTS

Rest breaks that take only a moment to complete

**1**

### **5 Second Shake Off:**

Shake out your arms, legs, and hands to release built up tension.

**2**

### **Task Swap:**

If you are stuck on one task, switch to something easier for a quick productivity boost.

**3**

### **Compassion Check-in:**

Ask yourself, "What would I say to a friend feeling this way?" Then offer yourself the same kindness.

**4**

### **Mini Story Telling:**

Write a two sentence story or imagine a funny back story for an object in the room.

**5**

### **NO Zone:**

On breaks or at a specific point in your day set a boundary that you will not check messages or respond to emails. Allow yourself to disconnect completely.

**6**

### **Soothing Touch:**

Run your fingers over a soft piece of fabric, squeeze a stress ball, or place your hands under warm water.

**7**

### **Purposeful Pause:**

Take a deep breath and reflect on why you took on your role. Remind yourself of the impact you are making.

[www.traumasmart.org](http://www.traumasmart.org)

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