Take 5

5 minutes to help build your resilience



1. Walk away

Step away from your work for 5 minutes.
Gives your brain a reset and helps you return with fresh focus.

2. Dance to one song

Put on a favourite song and move.
Movement lifts energy, changes your focus and releases tension.

3. Stand on one leg

Practice your balance.
Stand on each leg for 30 seconds. It will help you focus your brain on the moment.

4. Tidy one space

Clear one drawer, desk area or small space.
Creates a quick win, a sense of progress and less visual clutter.

5. What went well?

Write down what went well today.
Helps your brain notice progress and the positives.

TOP TIPS

Don't forget to visit the Sovereign Resource Hub for more top tips and to watch the building your resilience webinar.