

# Wellbeing Breaks: Resources

## Guided and Self-Guided

### Guided

- Request a [Movement Break](#) from the Move U Crew
  - Have the Move U Crew join your lecture, seminar, meeting, or event to guide attendees through a short (5-10min) dance, stretch, or light exercise routine! (Virtual or In-Person)
- Play a UBC Rec [Movement Break video](#)
  - ~5 min videos that go over simple + effective movements in a variety of spaces
- Attend an [Ergo Your Posture](#) workshop
  - 15 min Zoom sessions on Wednesdays at 10am that go through equipment free exercises for postural concerns related to office work

### Self-Guided

- Guide your group through a [Mindful Moment](#)
  - Introspective moments to improve focus and emotional awareness while settling the mind - take a pause and reflect on what you are experiencing
- Do some [deskercises](#)
  - Posture improving exercises to do at your desk
- Lead an icebreaker promoting social connection
  - Discuss collective sources of anxiety and reduce them through community
- Get creative and design your own wellbeing break!

### Wellbeing in Learning Environments

- [10 Minutes of Opportunity](#)
- [Teaching + Learning Resources](#)
- [Random Acts of Exercise Videos](#)
- [The TEACHERS Project Toolkit](#)

