

# How to re-charge in 3 minutes or less

A reflection exercise for teachers and education staff

## Introduction

Claudia Hammond, author of '[The Art of Rest](#)', argues that smaller moments of re-charge when done frequently throughout the day have a greater impact on our overall wellbeing than single but larger moments of pause or celebration. It is the regularity and frequency that has the impact on our wellbeing and resilience.

The following activity may generate ideas that can be used throughout the day and create moments of pause. You can carry it out alone or with your team, and can re-visit the ideas during times of challenge, such as inspections.



### Sources:

1. NHS, Free Your Mind, 4 Mental Health, 30-3-30 approach, 2020
2. How to maintain a healthy mind and culture during periods of challenge, NAHT and Education Support, 2023



## What can you do in 30 seconds or 3 minutes to create a moment of wellbeing re-charge?

Draw some boxes on a flip chart or white board and see if you can come up with your own suggestions.

30 seconds	3 minutes
<ul style="list-style-type: none"><li>■ Breathe in (count to 3) breathe out (count to 5) and repeat.</li></ul>	<ul style="list-style-type: none"><li>■ Read a book or a poem.</li></ul>
<ul style="list-style-type: none"><li>■ Put one hand into the other, squeeze gently and try repeating a mantra below.</li></ul>	<ul style="list-style-type: none"><li>■ Send a text to someone you love and tell them.</li></ul>
<ul style="list-style-type: none"><li>■ Focus on feeling the floor through your feet, even better if you can take off your shoes!</li></ul>	<ul style="list-style-type: none"><li>■ Get out of the room you are in (if possible) and change your view.</li></ul>
<ul style="list-style-type: none"><li>■ Count from 20 down to 0.</li></ul>	<ul style="list-style-type: none"><li>■ Go outside (if possible).</li></ul>
<ul style="list-style-type: none"><li>■ Choose a reassuring mantra and say it silently or out loud, for example:  'I can do this, I'm going to get through this, I've got this.'  'This is really tough right now so I'm just going to focus on this one task.'  'This is a marathon not a sprint: I don't have to do everything today.'</li></ul>	<ul style="list-style-type: none"><li>■ Make a colleague a cuppa. Make yourself a cuppa!</li></ul>
<ul style="list-style-type: none"><li>■ Try stretching. This can increase mindful awareness of our body and help to release feelings of stress.</li></ul>	<ul style="list-style-type: none"><li>■ Take a 3 minute stroll down the corridor and only notice the good you see.</li></ul>
<ul style="list-style-type: none"><li>■ Shaking or walking it out can release tension.</li></ul>	<ul style="list-style-type: none"><li>■ Breathe — mindfully. See our <a href="#">meditation guide</a> for a 3-minute breathing space.</li></ul>
<ul style="list-style-type: none"><li>■ Look at a photograph. Revisiting a cherished memory or looking at someone we love can release oxytocin, 'the love hormone'.</li></ul>	<ul style="list-style-type: none"><li>■ Listen to some music.</li></ul>
<ul style="list-style-type: none"><li>■ Allow your eyes to focus on the horizon, or middle distance. This can reduce eye strain, especially if you have been looking at a screen.</li></ul>	<ul style="list-style-type: none"><li>■ Do an even longer stretch.</li></ul>