

5 Five-Minute Breaks to Make Your Day 5 Times Better!

with Mary Okon Coaching

from
STRESSED OUT
& BURNTOUT

to
HAPPY
& HEALTHY



Here's how these breaks make you day 5x better!

1. You'll Have More Energy

Skipping breaks drains you faster. Taking even five minutes to pause helps your brain reset, so you feel more refreshed and focused.

2. You'll Get More Done (Yes, Really!)

Burnout slows you down. A short break boosts productivity, so you actually get through your to-do list *faster*—without the exhaustion.

3. You'll Feel More in Control

When you're constantly rushing, life feels chaotic. Pausing for a break reminds you that *you* are in charge of your day!

4. You'll Be Less Stressed

Chronic stress builds up when you don't give yourself a chance to reset. These quick breaks help lower stress levels and make everything feel more manageable.

5. You'll Enjoy Your Life More

Life isn't just about work and responsibilities. Taking small moments to breathe, move, and enjoy the little things makes a *huge* difference in how you feel—every single day.

Take 5 and Feel the Difference!

I've used all of these strategies to completely turn my day around and take my stress from a *10 to a 1*. **Now it's your turn to do the same!**

Don't spend another day stressed to the max, barely surviving—especially when it could take just *five minutes* to turn things around.

You got this! **Better days start today!**