



# Penguins know when to pause.

**Even the coolest need a break.**

- Listen to a podcast
- Make a snack
- Rearrange your desk
- Walk around campus
- Watch a funny video
- Sip a favorite drink
- Pet an animal
- Close your eyes and breathe
- Draw or doodle
- Do a crossword
- Do some yoga
- Grab a coffee
- Play a card game
- Stretch it out
- Browse a bookstore
- Write a letter
- Visit the Rec Center
- Write a list of goals
- Create a playlist
- Scroll through old photos
- Sit in silence
- Lay on the grass
- Watch a movie
- Try breathing apps
- Pause—and do absolutely nothing for one minute

