

Firstbeat Life™ team challenge

Unlock Energy Levels with Workday Breaks



WHAT IS A TEAM CHALLENGE?

The purpose of Firstbeat Life™ is to improve the well-being of work communities.

Together we can bring our whole team along to learn about our physical and mental well-being.

The Team Challenges are meant to encourage discussions about well-being themes and, in a positive way, challenge all of us to make small, better choices.





WHY DID WE CHOOSE THIS THEME?

Regular breaks during the workday lessen the feeling of overload and improve work performance and productivity, while **boosting the overall well-being of the work community**.

It is especially important to focus on taking enough breaks if recovery during the workday is low or **stress & recovery balance** has suffered.

HOW DOES IT WORK?

This challenge focuses on taking breaks during the workday. It includes a few small tasks that can be done by yourself or as part of a larger group.

The tasks are practical and also help to deepen your understanding of the Firstbeat graph and analysis results.

Tasks are meant to be posted in **shared communication channels** (e.g., Microsoft Teams, Slack, etc.), and you can simply copy and paste them from the following pages.

WHAT DOES IT CONSIST OF?

This challenge consists of four separate tasks, which are intended to be shared every one-to-two weeks. This ensures that your employees have enough time to introduce new improved habits from each task.

In addition, it allows participants to monitor the effectiveness of their introduced habits through repeated measurements.

You can find the tasks on the next pages.

INTRODUCING THE CHALLENGE

OUR RECOMMENDATION:

We recommend you introduce the upcoming challenge and its theme to your employees before you share the first task.

We have put together a **suggested introductory message** that you can use to launch the challenge in your chosen communication channel (Slack, Microsoft Teams, etc.).

Feel free to use it as best suits you – add your own greetings or write your own version if you want!

THE MESSAGE TO COPY:

Roughly one third of employees do not have any recovery at all during the workday – what about you?

Hi everyone! You will soon have the chance to examine your own routines for taking breaks during the workday and find out whether YOU have recovery time during your workday and if so, what situations lead to it.

We will soon post a Firstbeat Life™ team challenge which will help us all learn how we can improve our stress & recovery balance and boost our energy levels and productivity at work.

During the next few weeks and months, we'll be taking part in small tasks to help us learn about our bodies' reactions and build new, improved routines to support our well-being – stay tuned!

TASK 1

THE MESSAGE TO COPY:

Firstbeat Life Team Challenge: Unlock Energy Levels with Workday Breaks

As a work community, we want to emphasize something that's key to the well-being and resilience of each of us - taking enough breaks during the workday! Regular breaks boost energy levels, both at and after work, but we can all forget to factor them into our day from time to time.

We want to support every one of you to find the right balance so, during the next few weeks, we'll be setting small tasks you can complete to help learn what works best for us all. You can complete the task on your own, or together as a team - let's take care of one another.

Get started on task 1 here:

<https://content.firstbeat.com/en/team-challenge-unlock-energy-levels-with-workday-breaks>



TASK 2

THE MESSAGE TO COPY:

Firstbeat Life™ Team Challenge: Take Regular Breaks to Maintain Good Energy Levels

Even a minute can help.

Last time we learned whether we recover at all during the workday and, if so, in what situations. Taking breaks supports our recovery during the workday, but still taking them regularly can be challenging.

Now we will get tips on how to turn taking breaks into a regular habit and investigate what part longer and shorter micro breaks play in maintaining a balance between stress and recovery.

You can find the next task here:

<https://content.firstbeat.com/en/team-challenge-regular-breaks-good-energy-levels>



TASK 3

THE MESSAGE TO COPY:

Firstbeat Life™ Team Challenge: More Recovery, Less Stress

More isn't always better.

Breaks can be different: Coffee while chatting to a co-worker, a walk outside, reading a magazine, just being still for a moment. Depending on the situation at hand our bodies and minds require different things. The type of work we do is also not insignificant.

This time we learn about why it might be a good idea to slow down and unwind at times during the workday.

Check out the task:

<https://content.firstbeat.com/en/team-challenge-more-recovery-less-stress>



TASK 4

THE MESSAGE TO COPY:

Firstbeat Life™ Team Challenge: Increase movement - reduce fatigue and pain

Move for more energy!

We shouldn't forget the importance of light, or heavier, physical activity - even during the workday. It helps our brain cells fill with oxygen-rich air, which helps our minds become sharp again, capable of solving complex work-related tasks. Now is a good time for all of us to challenge ourselves to add more light but highly important movement to our workdays.

Check out the final task for this team challenge:

<https://content.firstbeat.com/en/team-challenge-task-four>



Wishing you good breaks,
the Firstbeat team

Questions?

Remember, you can always contact your Account Manager.