# Micro-Walk Reset

NEW YORK STATE | Office of Mental Health

New York State Trauma-Informed Network & Resource Center

## ABOUT THIS TOOL

**Audience**
Onsite Construction and Utility Workers

**Description**
This is a short 1–2 minute break that uses light movement and slow breathing to help your body and mind feel refreshed. It is easy to do and does not require any special equipment.
Even a brief walk can help reduce stiffness, improve your energy, and clear your mind. This reset helps you feel more awake and ready before going back to work.

**When to Use**
- You feel tired, sore, stiff, or mentally worn out.
- You have been in the same position for a long time.
- You feel your focus slipping.

## WORKPLACE STRESS

Stress is your body's natural reaction to pressure, and construction and utility work has plenty of it. Long hours, tight deadlines, heavy physical work, heights, bad weather, and complex equipment. Some stress is normal, but when it builds up, it can affect more than your mood.

Stress doesn't always show up in obvious ways. You might feel more irritable, have trouble focusing, make small mistakes, or take longer to make decisions. Physically, it can look like fatigue, headaches, tight muscles, poor sleep, or low energy that doesn't go away. These signs are easy to ignore, but they're your body's way of saying something needs to change.

## THE PRACTICE

Take a short walk in a safe area of the worksite, making sure you stay aware of your surroundings.

- Walk at a comfortable pace and let your body loosen up as you move.
- Gently shake out your arms and legs to release tension.
- Roll your shoulders or stretch lightly if it feels comfortable.
- Take **two slow, deep breaths**, breathing in through your nose and out through your mouth.
- Return to work when you feel more alert, steady, and ready to focus.

## WHY THIS HELPS

Managing stress matters because high stress increases the risk of accidents, slows work, and harms long-term health. When you're overwhelmed and worn down, reaction time and judgment get worse, and mistakes become more likely.

The good news is that stress management doesn't take much time. Notice the signs early, take short breaks, practice simple breathing, and talk with a trusted coworker or supervisor. Taking care of yourself on the job site isn't weakness—it's part of doing your job well.

## WHY THIS WORKS

Short movement breaks help reduce tiredness and muscle stiffness. They improve blood flow, which helps deliver oxygen to your brain and muscles. This can boost your energy, improve your mood, and make it easier to think clearly. Taking a minute to reset can help you stay focused, reduce the risk of injury, and work more safely on the job.

Resources:
Find additional wellness information on the NYS Trauma Informed Network and Resource Center at traumainformedny.org
Looking to go deeper? Explore BREATH-BODY-MIND™ (BBM) for weekly breathwork practice, expert tips, and a welcoming community. Check out the website here for additional details.

Source:
Sant'Ana, W.V., & de Medeiros, A.S. (2025). *Active break program: An evidence-based review for the promotion of occupational health.* Rev Bras Med Trab 23(4): Article 20251488. doi: 10.47626/1679-4435-2025-1488.