Palm Beach County Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS

Lunch & Learn

Small Breaks, Big Benefits: The Science of Micro-Breaks and Mindful Movement



Presenter: Ethan Mote, M.S.

Palm Beach County YOUTH Services
Growing Brighter Futures

Registration Link:

https://www.surveymonkey.com/r/TYS9ZG8

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

Wednesday, December, 16, 2026

12:00 PM - 1:00 PM

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

Description

This interactive, research-informed presentation explores how micro-breaks and mindful movement can support stress management, reduce fatigue, and promote psychological and physical well-being. Participants will discuss micro-breaks, review empirical findings on brief recovery periods, mindfulness, and movement, and identify practical ways to interrupt prolonged sitting and sustained mental effort. A guided mindful movement exercise will demonstrate gentle stretching, breathing awareness, and present-moment attention. Participants will also identify common barriers and create a realistic plan for incorporating intentional breaks into daily routines.

For more information on the Youth Services Department, Scan the QR code below

There is no cost associated with this program.