

The Six Benefits of Take A Bubble Break



1 Mindfulness

4 Concentration

2 Breathing

5 Accomplishment

3 Community

6 Letting Go



To find out how
- Taking A Bubble Break -
can help you and your
team's well-being.

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1

Mindfulness

Any activity that allows for small moments of mindfulness creates a space for our brain to reset and center with our surroundings and ourselves. Stopping to enjoy some bubbles allows for everything to stop. And for that brief moment, there are just bubbles

2

Breathing

Blowing a bubble with short shallow breaths is extremely difficult if not near impossible. Going through the process of taking a deep breath and focusing our attention on the wand as we exhale allows us to focus on our breath. Reconnecting with ourselves and our bodies.

3

Community

Blowing bubbles attracts attention and sparks others to join in and allow for an instant connection with friends and strangers alike. Regardless of who we are or where we came from, we can connect over bubbles

4

Concentration

Building off of the idea of mindfulness, going through the process of stopping to focus on the act of blowing bubbles just slows us down. This allows our concentration to focus on the moment and supports the release of tension and anxiety.

5

Accomplishment

As we each work to get the technique down for getting that perfect bubble, we become excited to see our own and other's bubbles develop. Such a small act and yet it feels so satisfying. The act of creating a bubble allows our brains to have a feeling of completion, which is something our mind craves.

6

Letting Go

As we allow air to transfer from our bodies to the soapy solution within the wand, we develop a bubble that begins to float away. You can almost feel anxiety, frustration, anger, or whatever emotions that are bothering us go with the bubble. Then the bubble pops, and with that the energy is released from us.

Coaching Support And Resources That Help To
Bring Well-Being To Veterinary Medicine