Email Templates

### Subject line: Take 30 Minutes for You Today

Hi Team,

I recognise it’s been a difficult period as we rallied hard to deliver on an important project.

Each of you played a critical role in the success of this launch.

I’m so grateful for all your hard work, and feel privileged to be leading such a powerful team.

I would like to encourage all of you to take 30 minutes to disconnect completely from work today.

* Put your slack status as “Taking a health break”.
* Use the time to take care of yourself. Go for a walk in the sun listening to your favorite podcast, meditate, listen to your favorite song, or even take a nap.
* No sneaking checking emails or slack.

Thanks for everything you do to help us be a successful team.