

How to install TakeABreak:

System 7: Just drop this Control Panel file into your System Folder and restart your Macintosh!

System 6: Just drop this Control Panel file into the Control Panels Folder within your System Folder and restart your Macintosh!

Turning TakeABreak on/off:

You can turn TakeABreak on or off at any time by clicking the on/off button in the lower left of the TakeABreak Control Panel window.