

## TAKE A BREAK DESKTOP NOTIFIER

### CODE:

#### 1. pip install plyer

```
from plyer import notification
```

```
import time
```

```
if __name__ == '__main__':
```

```
    while True:
```

```
        notification.notify(
```

```
            title="*** Take Rest ***",
```

```
            message="Rest is vital for better mental health,  
increased concentration and memory, a healthier immune  
system, reduced stress, improved mood, and even a better  
metabolism.",
```

```
            app_icon="C:/Users/J.DERRICK/OneDrive/Pictures/rest  
_icon.ico", # Make sure it's a valid .ico file
```

```
            timeout=5
```

```
        )
```

```
        time.sleep(60*60)
```

(OR)

```
2. from win10toast import ToastNotifier
toaster = ToastNotifier()
toaster.show_toast("Take Rest", "Rest is important for
your brain and body.",
duration=60*60)
```

```
Command Prompt
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C:\Users\J.DERRICK>rest.py
'rest.py' is not recognized as an internal or external command,
operable program or batch file.

C:\Users\J.DERRICK>pythonw rest.py

C:\Users\J.DERRICK>rest.py
'rest.py' is not recognized as an internal or external command,
operable program or batch file.

C:\Users\J.DERRICK>pythonw rest.py

C:\Users\J.DERRICK>pip install win10toast
Collecting win10toast
  Downloading win10toast-0.9-py2.py3-none-any.whl (21 kB)
Requirement already satisfied: setuptools in c:\users\j.derrick\appdata\local\programs\python\python310\lib\site-packages (from win10toast) (65.5.0)
Collecting pypiwin32
  Downloading pypiwin32-223-py3-none-any.whl (1.7 kB)
Requirement already satisfied: pywin32>=223 in c:\users\j.derrick\appdata\local\programs\python\python310\lib\site-packages (from pypiwin32->win10toast) (306)
Installing collected packages: pypiwin32, win10toast
Successfully installed pypiwin32-223 win10toast-0.9

[notice] A new release of pip is available: 23.0.1 -> 25.0.1
[notice] To update, run: python.exe -m pip install --upgrade pip

C:\Users\J.DERRICK>
```

RESULT:

