



Taking a *Break*

Week 3: Benefits of Taking Breaks

7 Benefits of Taking Breaks



1. **Increased productivity and efficiency** - you will actually get more done at work if you take breaks than if you take none at all.
2. **Lowered blood pressure** - take breaks for deep-breathing exercises.
3. **Reduced stress** - studies show that just a few minutes away from your computer significantly lowers stress, which will make your immune system happy.
4. **Decreased chance of getting heart disease** - work stress has been linked to heart disease, and taking frequent breaks alleviates stress.
5. **Increased energy levels** - some studies indicate that a short nap or walk around the block is more effective than a shot of espresso.
6. **Reduced chance of getting Repetitive Stress Syndrome** - the more often you allow yourself to get up and stretch, the less likely you are to get carpal or worse.
7. **Reduced eye strain** - give your eyes something else to focus on besides your computer screen.

Active Breaks Benefit Employees and Employers

Regular active breaks often help to boost an employee's **productivity**. They are energized by physical activity, returning to their work stations ready to get things done.

Employers also benefit. Many employers have recognized that promoting active breaks, work-life balance and healthy, active living contributes to overall productivity.

It is a great opportunity to enhance **teambuilding** and **improve communication** among co-workers. As people cooperate or gather together during active living events or physical activities, many positive aspects of our human nature become evident as we work together and have fun being active.

