

BREAK TIME!

GIVE YOURSELF A BREAK

Regular, active breaks often help to boost an employee's **productivity**. They feel energized by physical activity and can return to their work, ready to get things done.

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

Whether working from home or in the workplace, taking breaks is the needed pause during a busy day. It's a moment to take care of YOU. Take advantage of this time during the day to prioritize your needs, so that you can ensure that you are working at your best!



7 Benefits of Break Time!

- 1. Increased productivity and efficiency.** You will get more done at work if you take breaks.
- 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.** Workplace 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 tunnel or worse.
- 7. Reduced eye strain.** Give your eyes something else to focus on besides your computer screen.

"Sometimes when we take a break, we may find that solutions then present themselves."

Catherine Pulsifer, Cheer, An Inspirational Thought

Sources: <http://blogs.vault.com/>
<http://www.healthyalberta.com/>
<http://www.business.com/>,
<http://www.psychologytoday.com/>