

BREAK TIME!

GIVE YOURSELF A BREAK

When workers feel overburdened, they tend to work through their lunch breaks hoping that they won't have to stay late to finish their work. In reality, that **rarely works out**.

Without a break, mistakes pile up and employees end up working longer days, nullifying the perceived advantages of working through lunch. Contrary to what some may believe, several studies have found that **productivity does NOT decline when short breaks are added to the day**.



DID YOU KNOW?

34% of workers usually eat lunch at their desks



DID YOU KNOW?

16% rarely take a lunch break

So, give yourself a break - an active break - **regularly**.

Breaks work best when our distraction is genuinely **engaging**. It's something that truly takes our mind off of our stress by focusing it on something else. A walk outside, a good book, and exercise are perfect examples. Knowing what distracts us, effectively planning such activities on a regular basis, and clearing time in our schedules to make room for them is challenging but crucial. Merely imagining breaks won't work. **We need to do it.**

We may start to feel anxious when we turn our minds away from our problems, but breaks make us **more capable of managing stress in the short-term** and also help us **develop the inner strength that makes us feel less stressed in the long-term**.

Taking breaks may feel like running away, but it isn't. Rather, it's a way to refresh ourselves and prepare to dive back into the fight more effectively.

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