

## How Taking a Break Can Boost Our Productivity

1. Taking a break once an hour increases our work productivity.

Recent studies show that those who give in to some kind of diversion or distraction once an hour perform better than those who just keep at it without a break. After awhile, our brains numb out a bit to the constant stimulation, and we become unable to continuously treat the task as important.

5 Taking a break allows us to come back to the job at hand with renewed energy and sense of purpose.

2. A break can serve as creative fuel.

Something as simple as a ten minute conversation with a friend, or watching an inspiring video can give us a much needed boost, or point us in a new direction if we've been stuck.

10 3. Physical movement keeps us from being mentally stagnant.

We are not designed to sit around all day. As difficult as being sedentary is on our bodies, it's not helpful for our creativity and productivity either. Getting up for a few minutes and getting our blood flowing and some more oxygen to the brain is a necessary piece of the work day.

4. An afternoon tea break gives us more than a caffeine boost.

15 The process of making and drinking a cup of tea makes us slow down and gives us time for a much needed pause; a small amount of caffeine and hydration are a big help too!

5. Playing hard helps us with working hard.

20 If you know you typically have an afternoon energy slump, consider a lunchtime workout. Studies have shown that a moderate level of cardio activity can boost creativity and productivity for two hours afterward.

