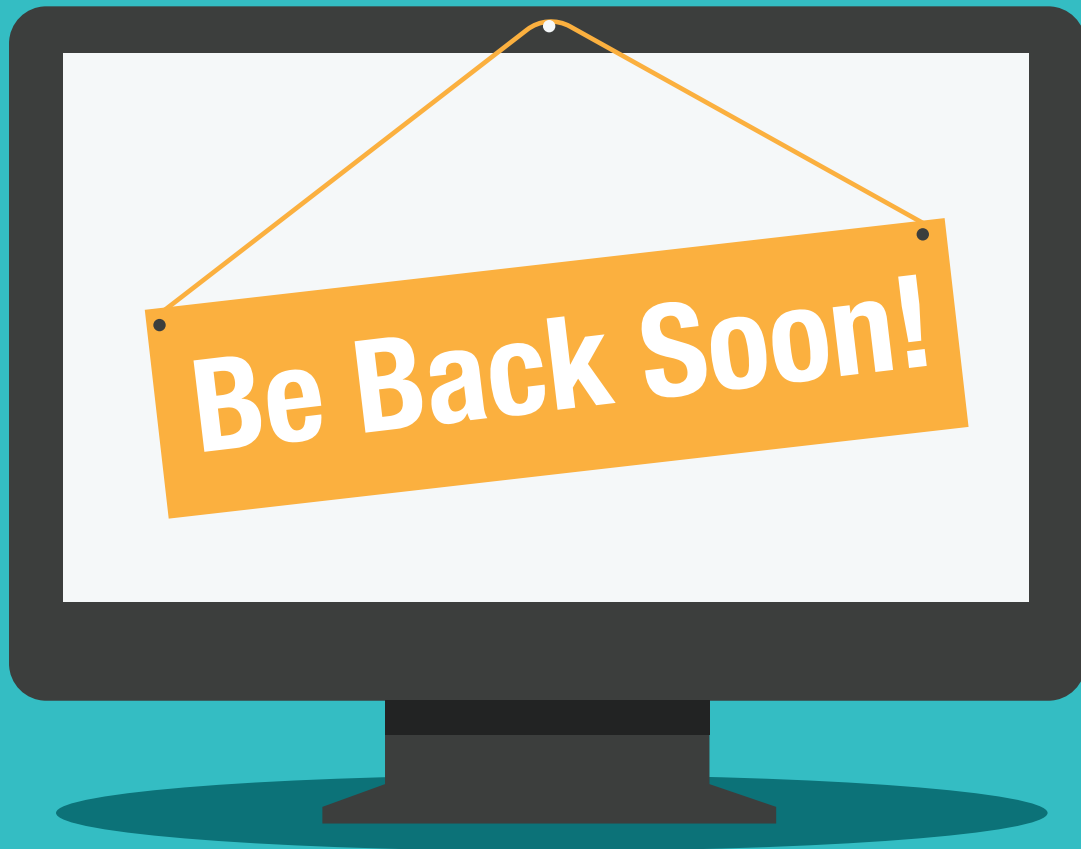


IMPORTANCE OF *Taking Breaks*

POWERED BY SYSTEMS 24-7



We are all busy, but it is important to take your breaks throughout the day. Taking breaks helps in the following ways:

- Reduces injuries by giving your muscles a break from repetitive tasks or sedentary postures.
- Lowers stress by allowing time to decompress and take a step back from what you are doing.
- Promotes better decision making by allowing you to take yourself out of a situation for a few minutes which helps to see the bigger picture or put tasks into perspective.
- Reduces distractions at work as it gives you time to deal with personal things such as checking your cell phone or grabbing a snack.
- Keeps you from getting bored and unfocused.
- A 10 min nap in the middle of the day can help energize you for up to 3 hours.

Take a walk, daydream, eat, read, listen to music, nap, exercise, or just relax and do nothing! Whatever you do, make sure you take your scheduled breaks to help you decompress from your day.

