

Take a Break

On a day with many tasks, some think that working continuously will improve their productivity and output. But grinding away at your work makes you more vulnerable to stress, tiredness, and frustration. You need to take short breaks at regular intervals to refresh your mind, maximise your mental resources, relieve stress, make you more creative, and avoid health problems.

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So how long is a short break? Depending on the job, they ought to be roughly two to ten minutes. For jobs that predominantly involve sitting, you should get up, stretch, and walk during breaks. In contrast, with active jobs, you should sit down, relax your whole body, or even try meditation. During breaks, you can listen to music, relax, close your eyes to reduce eye strain, or simply switch to doing something else, like cleaning the desk or watering plants.

youtube.com/EnglishTreasure

If you can't concentrate, if your limbs are numb, your eyes are tired, or your back hurts, these are clear signs that it's time for you to take a break. Remember, each person's energy reserves are limited, so you need to use them wisely and at the right time.

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If you have a lot of work to do, is it a good idea to work through your lunch break?

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If you have an active job, what are some good ways to take a break?

What do you do when you take a break from work?