

Do short breaks during the day help?

Forward looking companies are encouraging employees to take breaks during the day, especially as they transition back to the office from home. Research from American Psychology Association, indicates “microbreaks” assist employees in recovering from exhaustion, resulting in improved engagement with their work throughout the day.

Give me a break...

Microbreaks are brief respites during the workday that are voluntary and unplanned, encompassing activities such as meditation, stretching, listening to music, or solving crossword puzzles. They are inherently short, a five-minute break can be invaluable when taken at the right moment. Studies suggests that granting employees autonomy to take those breaks is advantageous for companies, as it enables employees to effectively manage their energy levels and remain engaged in their work throughout the day.

Additionally, research has revealed that employees were more inclined to take short breaks when they perceived their employer to be concerned about their health. Ultimately, this benefits both the employer and the employee.

Enhance Productivity

The **Pomodoro Technique**, created by Francesco Cirillo in 1987, is a method for effectively taking breaks. It involves dividing work into small, manageable intervals called pomodoros, named after the tomato-shaped kitchen timer Cirillo used as a student.

Implementing the Pomodoro Technique enhances productivity by working in concentrated bursts while ensuring regular microbreaks to prevent burnout and maintain a sustainable pace. It also allows for reflection and adaptation of work strategies, leading to continuous improvement in managing workloads.

How it works

The Pomodoro Technique has a lot going for it. It's low cost, commitment is minimal and it's easy to give it a go in your day to day. Also – it genuinely works!

Here are the basics:

1. Focus on a work task for 25-minutes (a “Pomodoro”) - use the clock timer on your phone.
2. Then take a 5-minute break. During the break, slide your phone into your smartSLEEVE & listen to soothing sounds, or breath work while feeling vibrations on your abdomen or chest.
3. After 5 minutes go back to your work task for 25-minutes. Repeat 3X times.
4. Once the fourth Pomodoro is over (100 mins of work time + 15 mins of break time) take a longer 15-20 minute break. This is a great time for a brisk walk.

Don't feel locked into a 25/5-minute schedule, use what works for you. The key is making sure you schedule microbreaks into your workday.