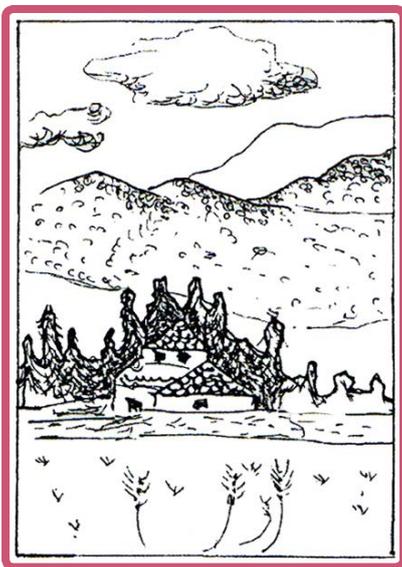


Wellbeing in the workplace

Did you know that taking a short break boosts productivity?

Our mental concentration becomes fatigued in same way our muscles do when they've been in constant use. Research shows that performance at work almost always decreases with time. However, when workers take scheduled short breaks from tasks requiring concentration and memory, performance increases. We're not talking hours, studies show that regular 'Microbreaks' are more effective than working through lunch to get things done. Microbreaks are between 30 seconds – 5 minutes. Try some of our suggestions below and take the right kind of breaks...



Doodling not dawdling

Recent studies have shown that doodling enhances our concentration when we're only partly engaged in something. Doodling stimulates our brains when they might otherwise be idle. It helps with focus and stops our minds from wandering. So why not print off and try our doodling activity in your regular breaks? By the end of the day you'll have a finished drawing and have had a productive day.

Wellbeing benefits:

Think clearly

Examples of how this activity can benefit me:

I want to be able to focus on a task better, without getting distracted.
I want to find simple ways to relax and de-stress.

Try this activity ([Start2 > Brain Boosting > Strengthen Your Thinking > Build Your Concentration > Doodling](#))

Break into a Smile... The Thirty-Second Smile

There are 86400 seconds in a day, take 30 seconds out with this simple mood boosting activity. Smiling is known to relieve stress, boost our immune system, lower blood pressure and releases the body's own natural painkillers.

Wellbeing benefits:

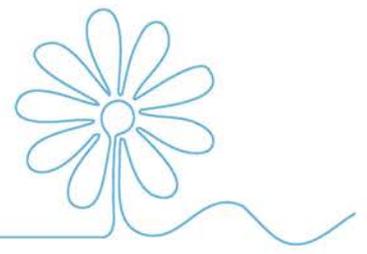
Feel close to others
Think positively
Feel relaxed

Examples of how this activity can benefit me:

I want to find healthy ways to relax that I can use in any situation.

Try this activity. ([Start2 > Stress Busting > Improve Your Mood > Use Your Head](#))





Head space... Use Your Head



We all need to get away from it all from time to time, breathe fresh air, focus on the horizon with our eyes, feel the sun on our skin... But how do we do that during a busy day, or at times when we simply can't get out into nature for a stroll? Easy: we can use our imagination. Try this positive thinking activity to escape to the country.

Print off this activity and stick up in the office - ideally away from your desk, so you can stretch your legs too. By the photocopier or stationery cupboard. We suggest that you do this short 1-3 minute exercise daily.

Wellbeing benefits:

Be relaxed
Feel optimistic

Examples of how this activity can benefit me:

I want to find healthy ways to relax that I can use in any situation.

Try this activity ([Start2](#) > [Stress Busting](#) > [Improve Your Mood](#) > [Use Your Head](#))

Out and about - Ten-minute Walk

Nipping out for a sandwich or meeting? Why not try one of our activities to benefit body and mind? How often do we walk past somewhere, busy thinking, talking or texting and not really noticing our surroundings?

Try our 'Ten-minute Walk' photography activity. You can do this activity, as a simple noticing activity, without a camera. Pushed for time? Try a five-minute walk. Outdoor activities have proven health benefits. Being outdoors can help improve physical fitness, increase our concentration, boost our happiness and increase our vitamin D levels. Vitamin D is essential for maintaining good health.

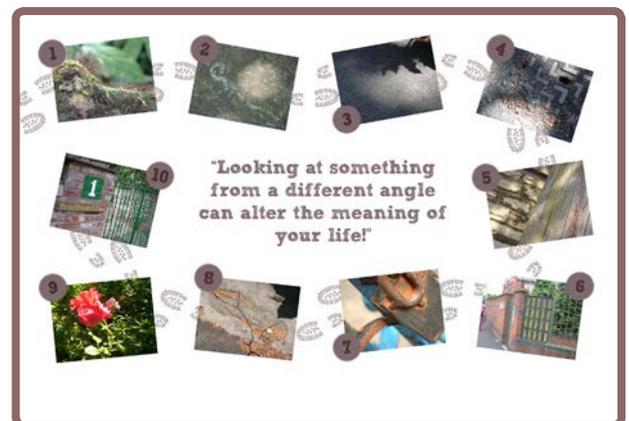
Wellbeing benefits:

Feel optimistic
Improve decision making
Feel relaxed

Examples of how this activity can benefit me:

I want to keep my mind in the present and 'enjoy the moment' more.
I want to find fun and enjoyable ways of building more physical activity into my week.

Try this activity ([Start2](#) > [Stress Busting](#) > [Be Active](#) > [Ten-minute Walk](#))



Regular creative activity boosts wellbeing..

Looking for more bite-sized activities (30 seconds -10 minutes)?

[Start2](#) > [Search by subject](#) > [Bite-sized activities](#)