

Quality of Life TIPS & TRICKS

Take Time for a Break

Too many of us work through lunch, push to bill that additional 0.1, or refuse to stop working because we “have too much to do.”

Well, our brains actually work in two modes—focused and diffused. The diffused state is almost like daydreaming. Studies have shown that people solve their most difficult problems in that diffused state.

And if that isn't motivation enough to take a break every once in a while, consider the fact that breaks make us more productive and more creative; they increase the retention of information; they improve decision-making; and we cultivate healthier habits (i.e., making a healthy lunch) when we allow ourselves the break. While 17 minutes is considered the optimal amount of time for a break, even five minutes allows your prefrontal cortex the rest it needs to enhance these benefits. Next time you think “I have too much to do,” consider it a service to your client and to yourself to take a refreshing break.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.