The importance of

## taking a break

Bank Workers Charity



in fact, it can make you **more productive** 

## How will taking a break benefit me?



of stress

Minimises

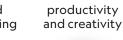
mistakes





Improves physical and mental wellbeing







Enhances perspective

Improves decision-making



Working in **90-minute intervals,** with a **20-minute break** syncs with the body's natural rise and fall in energy levels

It's proven to work well, but there's plenty of room to experiment, so find what works best for you

## What types of break can I take?



Go for a walk to help reduce stress and boost creativity



Change the nature of the tasks you're working on



Meditate/daydream to relax your mind



Have lunch or a healthy snack



Listen to music to shift your mood



Have a casual chat with colleagues

## It's important that you take regular breaks

You'll be more productive, it's good for your wellbeing and you'll enjoy your work more



Learn some relaxation techniques: bwcharity.org.uk/relax

Supporting the banking community past and present





