

The importance of taking a break

You might feel guilty about taking regular breaks during working hours, but there's no need...

in fact, it can make you more productive

How will taking a break benefit me?

- Reduces the likelihood of stress
- Improves physical and mental wellbeing
- Increases productivity and creativity
- Minimises mistakes
- Enhances perspective
- Improves decision-making

90
20
Split

How long should my breaks be?

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
- Have lunch or a healthy snack
- Change the nature of the tasks you're working on
- Listen to music to shift your mood
- Meditate/daydream to relax your mind
- 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](https://www.bwcharity.org.uk/relax)

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