



How taking a break can boost wellbeing and improve communications



Sometimes life can seem overwhelming, you lose focus, are pushed in too many directions, can't seem to get a minute to yourself and feel stressed, angry, tired, lacking in energy and close to breaking point. And if you are managing others it's important to recognise when they might be feeling the same.

Taking a break can help everyone. Not only will it reduce tension and the risk of conflict, but it can also improve communications and productivity. So, when you start to feel under pressure, it's time to stop, breathe, get some perspective, relax, recharge your batteries and put yourself first, whether that's for 15 mins a day, one day a week, an entire weeks' holiday or even longer. And don't think you are being selfish - the latest research shows you think clearer when you take more downtime. This can ease decision making and increase creativity and efficiencies which will help to give individuals, teams and businesses a competitive edge.

So, what are you waiting for? If you want to reduce stress levels, improve concentration, increase creativity, strengthen relationships, improve morale, be happier and boost your mental health, it's time to shut down your computer, switch off your phone and turn off the TV so you can:



Enjoy some guilt free silence, not only does it lower your blood pressure, but it also boosts your immune system.



Read a book to distract you from your daily stressors. It can also lower your heart rate and ease muscle tension.



Get plenty of fresh air and spend some time outside enjoying nature and what's around you – it's good for your physical and mental health.



Go for a walk, cycle ride, swim, yoga, dance class or some other form of exercise to help you relax.



Take some regular time off every week and indulge in a hobby, learn something new or upgrade your skills.



Pamper yourself. It's not just for women, men can get a slice of the action too with a haircut, shave or a massage.



Enjoy a mid-day nap to boost your memory, improve work performance, make you more alert, and ease stress.



Meet up with friends and loved ones more frequently to boost your happiness, confidence and self-worth.



Seek out things that make you laugh, as it will release endorphins to give you a sense of well-being.



Schedule in time outs/breaks and days/weeks off in your calendar and keep them free from being booked over.

So, it's time to set a good example and practise some form of self-care, and encourage those around you to do the same. If you'd like some support to do this, call Maggie today on 07734 080073.