

Smartphone break aids well-being

Want to be more productive and happier during the workday? Try taking a short break to text a friend, play Angry Birds, or check Facebook on your smartphone, according to Kansas State University research.

Allowing employees to take smartphone microbreaks may be a benefit—rather than a disruption—for businesses. Microbreaks are nonworking-related behaviors during working hours.

“A smartphone microbreak can be beneficial for both the employee and the organization,” said the lead researcher. “For example, if I would play a game for an hour during my working hours, it would definitely hurt my work performance. But if I take short breaks of one or two minutes throughout the day, it could provide me with refreshment to do my job.”

Taking a break throughout the workday is important because it is difficult, and nearly impossible, for an employee to concentrate for 8 straight hours a day without a break, was the thinking. So the smartphone microbreaks were thought to be similar to other microbreaks throughout the workday: chatting with coworkers, walking around the hallway, or getting a cup of coffee. Such breaks are important because they can help employees cope with the demands of the workplace.

