



How to make the most of your lunch break

It can be tempting to skip your lunch break if you're swamped. But taking a midday break can renew your energy and productivity through the afternoon and into the evening. Try these tips to make the most of your break:

- **Plan your afternoon.** If you're stressed about work, make a quick list of what you want to accomplish. If there's too much to do and not enough time, determine which things are top priority and which can wait.
- **Get up from your workspace.** A change of scenery can refresh you, even if it's only for a few minutes. Staying in the same place all day can leave you feeling burned out.
- **Stop thinking about work.** Take a few moments, if you can, to take a deep breath and do something you enjoy. That might be listening to a song, a quick walk outside, or having lunch with a friend.

Lunch break naps: good or bad?



If you get a 30 or 60 minute lunch break, should you nap during this time?

The National Sleep Foundation says you can consider it. Be sure you:

- Keep the midday nap to 20 minutes or less.
- Keep it early in the day. Late afternoon or early evening naps could make it hard to fall asleep at night.

If you find that napping interferes with your nighttime sleep, skip it. It's more important to get good sleep at night.