



## Take a Break

Increasing workload is reality for many employees before and during the turnaround. It is, however, important to set aside the workload and take breaks as they have a boosting effect on well-being and work productivity. Breaks allow you to come back to work with renewed energy and increased focus. It is equally important to eat healthily and sufficiently to give the brain and body enough energy.

Fatigue and recovery are normal alternating functions of the body. Recovery is faster in the beginning of the break and slows down when the bodily system is approaching balance. That is why it makes sense to take several short breaks during the day. Even

one- or two-minute breaks at the workplace are refreshing and prevent fatigue.

Taking breaks, rest and regular meals are all necessary for health and work well-being. If you, however, still feel drained at work, it is important to try to figure out the reasons behind the loss of energy and ways to improve the situation. It is advisable to discuss the work hindrances with your line manager.

**Well-being at work is everybody's business!**

### Themes for discussion:

- ✓ Do we have a natural culture for taking breaks?
- ✓ Do we take breaks during long meetings or between meetings?
- ✓ Are you worried about the well-being of your own or of your colleague?
- ✓ Are we able to discuss work well-being openly?
- ✓ How can we improve work well-being of our own or of our work community?