

FIVE WAYS

to make the most of lunch time



SMARTSUPPORT
for business

1

Structure your day. When you are planning your day try to avoid calls or meetings straight after your lunch break. That way you can enjoy the time off and you are not going to be rushing back to be ready for the meeting or cutting short your lunch break.

2

Take a real lunch break. Go to another space, go and meet friends or talk to others in the team. But whatever you do no taking work with you or talking about it use the time for something social or pleasurable.

3

Make sure you eat and enjoy your food. It sounds obvious but many skip food for a quick coffee. Instead eat properly to nourish the body and give you the energy to concentrate and perhaps treat yourself to something you really enjoy once a week.

4

Take time to re-energize. As well as eating make time to go for a walk, exercise, listen to some music or even meditate, whatever you know makes you feel more positive. This gives you more energy and increases productivity in the afternoon.

5

Rest your eyes. Most office jobs require you to stare at a screen all day, which drains you of energy and can cause headaches and dips in productivity. So, at lunch avoid all screens even your mobile except for telephone calls.

Book a Free Conversation

It's time to maximise your business and minimise its limitations. Spend 20 minutes with me, no obligation, to explore how coaching from SMART Support can help you to unlock your business' true potential. www.tinyurl.com/Maximisepotential



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