



Be Well Aware – Health Article



Why You Should Take an Actual Break from Work and Recharge

Why We Need to Recharge

We as humans work to live. We work to achieve something meaningful, and we work to be happy. But, our energy has a limit and we can't use more than we have. The more we work, the more we get tired both mentally and physically. We must be aware of our bodies and recharge our energy before it runs all the way out.

No matter how much we enjoy our job, we all need to take a break once in a while. So why do people often leave their vacation time unused? It's important to take a vacation, or in these times even a "staycation" from work, our normal routine, and the demands of daily life in order to keep our stress levels in check. Otherwise we risk decreased creativity, memory problems, and other issues.

Taking breaks from work, whether it's for 10 minutes or for a week-long vacation, interrupts the cycle of daily stress that can lead to feeling overwhelmed. Breaks allow us to restore ourselves both physically and mentally so we can revitalize our minds and bring ourselves to a healthier place. They can lead to sharper thinking and increased creativity that can spill into all areas of our lives. Just think about how much more productive you'll be afterwards!

Signs You Need to Recharge

Our bodies tell us we need a break in a variety of different ways – some being more serious than others. Here are some red flags to pay attention to that may mean you need to walk away, even if it's just for a few minutes.

1. You aren't motivated.
2. You can't stay focused.
3. You start to make careless mistakes.
4. You're missing out on personal events.
5. You don't associate with your co-workers.
6. You start to feel physically ill from stress (nausea, headaches, fatigue, aches and pains).



Recharging at Home

The first step to recharging is deciding that you're going to take a break. Depending on how long you've got, these energizing ideas can be adapted to fit 10 minutes, a couple hours, or be strung together to fill a couple of days. So, what are you waiting for? Let's start relaxing!

- **Have a spa day:** grab your husband, wife, and kids and treat yourselves to an at-home face mask, an exfoliating foot mask, a moisturizing hand mask, and an at-home mani/pedi – just visit your local drugstore for all of your spa day needs! Don't forget the fluffy white robe and the eye soothing cucumber slices!
- **Plan a family game or movie night:** dig out those board games, pop some popcorn and build that blanket fort. Enjoy a nice night with your family while forgetting all about your email inbox.
- **Meet new people:** this may not be as difficult during social distancing as you think! Plan a zoom night with a group of friends, and have each person invite someone they know that may have never been introduced to those in the group. You could hit it off and make a new friend to enjoy time with once social distancing ends!
- **Start a new hobby:** there's no time like the present! Focusing on activities other than work helps you restart your brain and reduce stress. Discover your creative side through learning new things that give you a sense of accomplishment.
- **Update your playlist:** music can make us feel calm and happy. Listening to your favorite playlist when you're getting ready in the morning or in the car/on the bus may help you feel at ease before or after our work day.



References:

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