

ENERGIZE YOUR AFTERNOON

REJUVENATE YOUR BRAIN

The afternoon slump is caused by circadian rhythms that reduce our body temperatures, making us feel sleepy around 2 or 3pm. The slump can lead to reduced productivity after lunch. Sometimes all you need is an energy-boosting change of pace to finish the day strong.

CHANGE YOUR SCENERY

A change of workspace can provide mental and physical rejuvenation in the afternoon—try moving to an open workspace, adjust your desk from sitting to standing, or book a meeting room to stay focused.

REORGANIZE YOUR SPACE

Take a step back from work and reorganize your desk or inbox. Make a list of what needs to be done for the rest of the day, and what can be done tomorrow.

STEP AWAY FROM THE SCREEN

Avoid eyestrain by taking a break from your screen. Schedule in-person or phone meetings in the afternoon or take a walk with a co-worker until you feel refreshed enough to get back to work.



Sources:

<https://www.success.com/11-easy-ways-to-boost-your-energy-in-the-afternoon/>
<https://www.webmd.com/balance/features/afternoon-energy-boosters#1>

**ENERGIZE YOUR
AFTERNOON**

**KEEP YOUR
ENERGY LEVELS
STEADY**

Balanced nutrition throughout the day can keep your energy levels up and change how you feel in the mid-afternoon.



BREAKFAST BOOST

A balanced breakfast containing fibre and lean protein will keep you feeling full longer. Starting the day with high-satiety foods can set the pace for the day. Try a veggie omelet, oatmeal with fruit and yogurt, or whole grain toast with nut butter.

SMART SNACKS

Choose brain-boosting snacks that contain nutrients important for brain function and memory. Pack a serving of high protein walnuts or hard-boiled eggs, and add a high fibre option such as blueberries, grape tomatoes, avocado, or hummus.

SENSIBLE SIPPING

While a highly-caffeinated beverage might seem like a good idea in the afternoon, caffeine can stay in the system for hours, potentially affecting your sleep. Swap your latte for a green tea or add a lemon slice to ice water for a boost.

Sources:

<https://www.theguardian.com/money/2009/jun/01/mid-afternoon-slump-work>
<http://sleepeducation.org/news/2013/08/01/sleep-and-caffeine>

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BOOST YOUR HEART RATE

Incorporating movement breaks and exercise throughout the work day has positive effects on your physical health and mental aptitude. If you're feeling an afternoon slump coming on, get your blood flowing and elevate your heart rate—even a few minutes can boost your mental clarity for the rest of the day.

TAKE A MOVEMENT BREAK

Door frame stretch:

- Alleviate the chest, upper back, and neck by placing hands inside a door frame, then stepping forward.

Seated neck stretch:

- Sit up tall, place your hand on the side of your head and gently pull down to the side.



DO A WORKOUT

- Go for a walk to take advantage of natural light that will boost your mood.
- Lift weights to strengthen back, shoulders, core and glutes to help offset seated posture.
- Practice yoga to strengthen and stretch sore muscles and focus on deep breathing to reduce stress.

Sources:

<https://www.inquirer.com/philly/health/personal-best/3-exercises-for-beating-the-afternoon-slump-20180425.html>