



Take Breaks. Go on a Walk.

- Every two hours or so take a break from work. The gain in performance and creative insight from taking breaks is substantial.¹
- Step away from work. Leave your smart phone behind. Go for a stroll. Look at the sky. Watch the wind blow. Smell the roses. Sense the way the sunlight encourages the grass and flowers to grow. Look at people with non-judgmental eyes. Let your mind and brain relax completely.
- Every now and then, take your break by walking in a green environment. It helps to dissolve stress hormones and oxygenate the brain. Moderate walking three times per week for a year has been shown to increase brain connectivity and brain function.²
- While on break, keep your mind open just enough to catch a creative insight that might emerge.

[1] Tambini, A., **Enhanced Brain Correlations during Rest Are Related to Memory for Recent Experiences**, *Neuron*, Jan. 28, 2010; vol 5: pp 1-11.

[2] Voss MW, Prakash RS, Erickson KI, Basak C, Chaddock L, Kim JS, Alves H, Heo S, Szabo AN, White SM, Wójcicki TR, Mailey EL, Gothe N, **Olson EA, McAuley E and Kramer AF (2010) Plasticity of brain networks in a randomized intervention trial of exercise training in older adults.** *Front. Ag. Neurosci.* **2**:32