The benefits of taking microbreaks

What next?

Staff should feel able to take microbreaks without fear of judgement. This is all part of creating a positive agile working culture. Find out more about how we can help by visiting posturite.co.uk/agile-working.

A microbreak is a 30 second to two-minute break taken frequently throughout the working day.

The law says workers have the right to one uninterrupted 20-minute rest break during their working day, if they work more than 6 hours a day. But for tasks that require focus - like many office jobs, one break a day may not be enough.

The average UK worker spends 8.5 hours a day at work. Can you focus on a single task for that long?

Facts about focus

1. The typical Brit has an attention span of just 14 minutes.
2. In meetings it takes just 13 minutes before people start zoning out.
3. Excessive focus drains energy.
   - Research shows that 'unfocus' - letting your mind drift, is just as important as focus and the brain operates best when it flips between focus and unfocus.
   - In unfocus mode, the brain processes memories, goes back and forth between the past, present and future, and generates creative ideas.
   - Our brains are a bit like toddlers. They need to flip between rest and stimulation to stay happy and energised!

Eye health

- Staring at a screen for long periods is bad for your eyes. It can cause:
  - Dry eyes
  - Headaches
  - Fatigue
  - Blurred vision

There are plenty of reasons to take regular microbreaks

- Gives your brain a rest
- Allows time to process memories
- Increases accuracy
- Improves engagement
- Boosts feelings of positivity
- Disrupts poor postures
- Lowers risk of aches and pains
- Avoids mental and physical fatigue
- Increases oxygen and blood circulation

Musculoskeletal health

- Many aches and pains creep up when we sit down for too long unsupported in poor postures. Signs you’re sitting still for too long include:
  - Tingling
  - Numbness
  - Aching
  - Pain

Solution

Use a sit-stand desk and move regularly between sitting and standing to activate your muscles, raise your heart rate and disrupt your postures.

Solution

Look away from your screen into the distance at least every 20 minutes.