

# The benefits of taking microbreaks



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<sup>1</sup>



The typical Brit has an attention span of just 14 minutes.



In meetings it takes just 13 minutes before people start zoning out.



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<sup>2</sup>



In unfocus mode, the brain processes memories, goes back and forth between the past, present and future, and generates creative ideas<sup>3</sup>

**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

## Solution

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

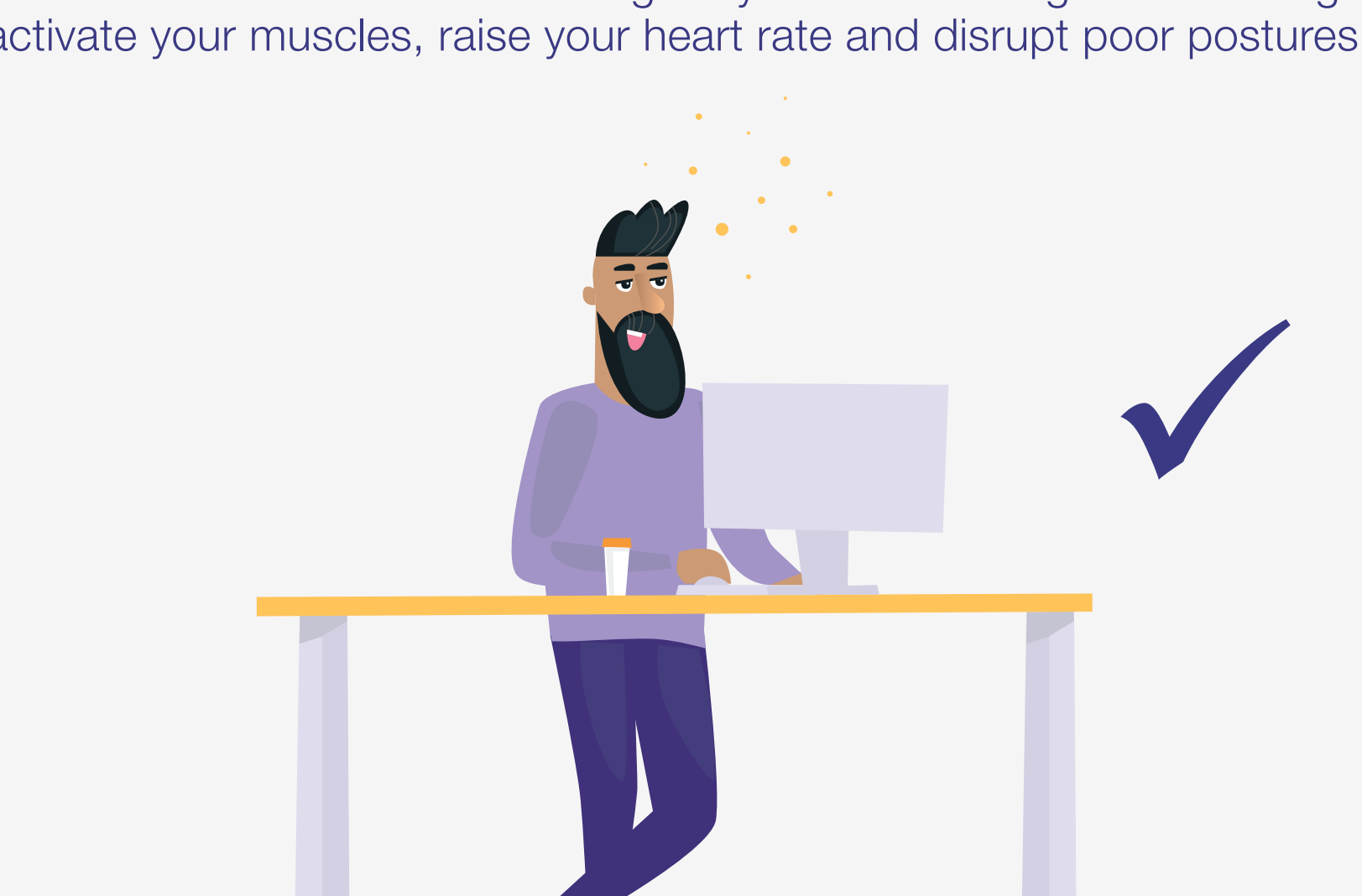
## Musculoskeletal health

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:



## Solution

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



## There are plenty of reasons to take regular 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](https://posturite.co.uk/agile-working).

<sup>1</sup> <https://www.independent.co.uk/news/uk/home-news/attention-span-average-british-person-tuned-in-concentration-mobile-phone-a8131156.html>

<sup>2</sup> <https://hbr.org/2017/05/your-brain-can-only-take-so-much-focus>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4410786/>