



## The Benefits of BREAKS

How Do Work Breaks Help Your Brain? 5 Surprising Answers (Psychology Today, April 2017)  
<https://www.psychologytoday.com/us/blog/changepower/201704/how-do-work-breaks-help-your-brain-5-surprising-answers>

New Study Shows Correlation Between Employee Engagement and The Long-Lost Lunch Break (Forbes, May 2018): <http://bit.ly/2PSPUTm>

You've Been Taking Breaks All Wrong. Here's how to do it right. (Huffpost, Dec 2017):  
<http://bit.ly/2PSNkfP>

The Science of Taking Breaks at Work: How to be more productive by changing the way you think about downtime (Buffer)

<https://open.buffer.com/science-taking-breaks-at-work/>

The Importance of Breaks at Work (good infographics)  
<https://www.lifehack.org/articles/work/the-importance-breaks-work.html>