The benefits of taking microbreaks

Stretching

Checking your personal phone

Doing a tea round

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

Going to fetch a snack

Power walking around the building

Daydreaming

Chatting to a colleague

Changing activity or task
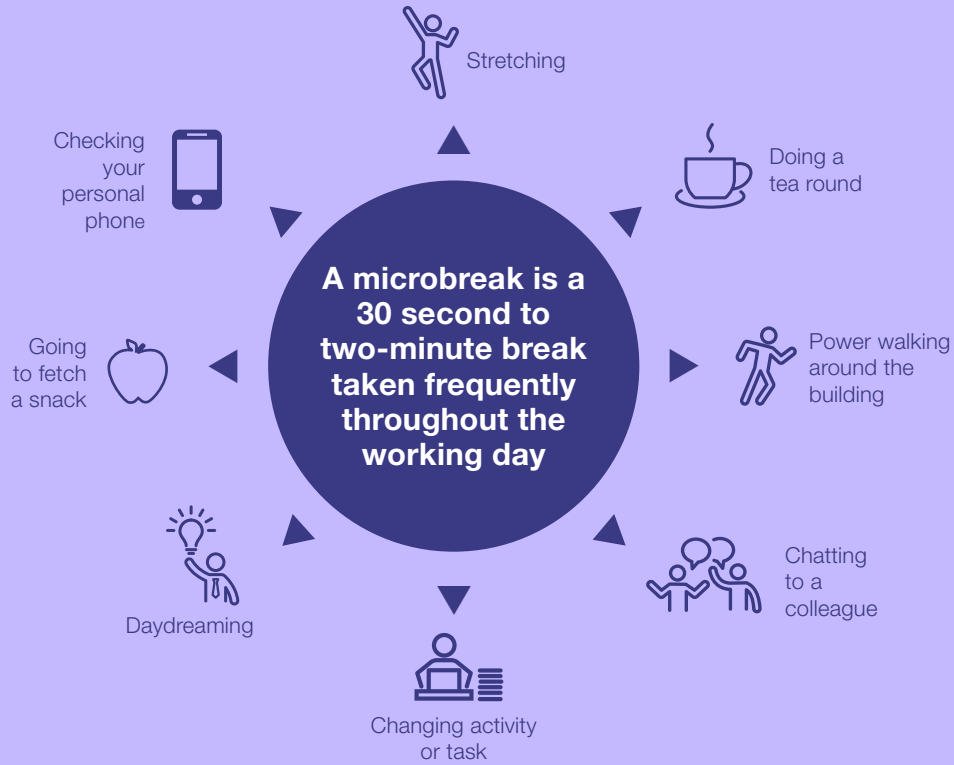
There are plenty of reasons to take regular microbreaks

Gives your brain a rest

Increases accuracy

Increases oxygen and blood circulation

Disrupts poor postures

Allows time to process memories

Avoids mental and physical fatigue

Improves engagement

Boosts feelings of positivity

Lowers risk of aches and pains

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**