

## How to use your lunch break to boost productivity

Many of us use lunch as a chance to catch up on work or emails that have been neglected. Some even skip lunch altogether, seeing it as an obstacle to their own productivity, or that they “don’t have time for lunch”. But in fact, skipping lunch can have a negative effect on your daily productivity, and taking time to take a break for lunch will even boost productivity, make you more alert and engaged for the day, and even improve the quality of your work in the afternoon.

Lunch is the meal that fuels you for the rest of your working day, so it is crucial that you do not skip it. It is important for your mental health to have a break, especially away from your desk or office. While taking a break at all is important, it also helps to know **what** you’re doing for lunch. If you take a packed lunch to work, consider trying to make it a little healthier, perhaps incorporating one extra piece of fruit. Those extra vitamins will help boost your brain in the post lunch slump. If lunch with colleagues is more of your thing, make sure everyone knows where you’re eating. The main thing is, having any plan for lunch is better than nothing.

Your lunch break is about **you**. It is your oasis in the working day to focus on yourself and do what benefits you and, more importantly, your mental health. If that means that if you prefer to take your break alone, that’s fine. Even if people invite you to lunch, but you want some time with your thoughts, that’s okay. Some days you might be the life and soul of the office, others quieter and more reserved. Listen to how you feel each day and make your decisions based on that.

With that in mind, taking a walk in nature can work wonders for giving your brain a rest and a chance to catch up with itself. Being in nature rejuvenates your brain and improves your mood. All of these factors contribute to helping your brain pay better attention for the rest of the day once you return to the busy office environment.

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