

Simple habits to help recharging during the workday

In hybrid work, virtual meetings have replaced a lot of office encounters, from staff summits in the conference room to the casual conversation. Meetings will always be an essential part of work, providing a chance for everyone to connect, whether they are in the office or at home. But overly packed calendars can have an impact on both performance and wellbeing. Is it any wonder that too many back-to-backs can stress out and cause a collective struggle?

The meeting fatigue impacts the ability to focus and our brains desperately need short breaks between the constant video interactions. Those intervals don't just reduce stress: they help our brains reset and boost our attention for the next task. Simple techniques can help, and there is plenty of science to back up which activities serve us best in rebooting.

Research indicates that restorative activities like meditation, exercise, and spending some time in a natural environment can improve physical and mental energy while reducing the risk of developing diseases that are associated with stress.

Here below some ways to increase the effectiveness of the next brief break from the screen:

1. Shift the gaze

The science says that looking straight ahead and taking in a broader view, as opposed to focusing on something like a screen, releases a mechanism in the brain stem involved in vigilance and arousal. We can turn off the stress response by changing the way that we are viewing our environment, regardless of what is in that environment.

A simple method to try: step away from the screen and look out at a point on the horizon, no matter the environment, and let the focus soften. Broadening the gaze will relax the mind.

2. Go green

The science says that a nature walk not only boosts the mood but can also lower anxiety and depression; even viewing images of natural landscapes increases wellbeing.

A new routine to experiment: go for walking meetings at a nearby park or even near some trees. Taking a call? Walk outside for the chat.

3. Give some thanks

The science says that being grateful keeps us more optimistic and honest.

You can create a dedicated gratitude journal, whether it is a notebook or a digital document, to record a few sentences about things you are grateful for on a daily basis.

4. Meditate

The science says that engaging in a daily meditation practice can improve attention span, general psychological wellbeing, and the ability to handle stress.

For those that have not yet started meditation practices you can check out guided meditations or simple mindfulness exercises.

Everyone gets exhausted at times, but what drains and recharges each of us is highly personal. Start noticing which activities leave you exhausted so you can choose the best activity to counteract the drain. Your solutions may vary from day to day. Focus on what feels right for you. The idea of fitting a recharge into your day shouldn't be overwhelming. Getting your energy back doesn't have to cost anything or wreck your routine.

Our lives and the ways we work have been redefined over the past years. There has been a collective realization of how much wellness at work matters for employee performance and satisfaction, and employees have gained new autonomy to shape their workdays as well as taking energizing initiatives.

I wish you all physical and mental healthiness.

Best regards,

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