

Take a break: it's good for you AND for your business

Festive season is fast approaching. Regardless of how you spend this time, if you run a business then you know that you never really switch off. However, as difficult as it may be, it is important, for you, for your business and for your health.

Your business can only ever be as good as you are, so, instead of burning out rather do what's ultimately best for your bottom line and take a break. And no, a break does not necessarily have to mean a two week vacay. It could be as simple as taking a few hours to read a book, go for lunch with a friend, or even a five minute walk away from your desk.

But why is it so important to take a break. We mentioned preventing burnout and your health, but how is it exactly that a break will be of benefit for you. Well, Meg Selig covered this point perfectly in [Psychology Today](#):

- **“Movement breaks” are essential for your physical and emotional health.**
 - Did you know that sitting constantly can increase the risk of dying early? Life is so short already, why make it even shorter. Ensure you take regular five to ten minute breaks away from your desk, whether it's spent walking, stretching or doing yoga, can reduce the negative health effects.
- **Breaks can prevent “decision fatigue.”**
 - If you're constantly having to make decisions, and let's agree, you probably having to make decisions all day long, then there will come a point where you may not consciously be aware of being tired, but you will be low on mental energy which could cause you to become reckless in your decision-making.
- **Breaks restore motivation, especially for long-term goals.**
 - When you stay focused on something, giving it your sustained attention, you actually begin to lose focus and almost stop seeing what's there. Taking a break enables you to come back refreshed and with a renewed focus and motivation.

- **Breaks increase productivity and creativity.**
 - Keep working without a break and you will reach a point where you are just too stressed and exhausted to actually do anything worthwhile. Giving yourself some down time will revive your mind, allowing for better creativity, or as Selig said, "Aha moments will come more often". A refresh also boosts productivity because you will find it easier to get things done.
- **"Waking rest" helps consolidate memories and improve learning.**
 - We've all been told or read about the fact that we consolidate our memories during sleep. There is now evidence to indicate that even if we just rest, not sleeping but just resting, it will improve memory formation and ingrain what we have previously learned.

So, take a moment and breathe. Go for a walk. Take an hour every evening for a bubble bath. Take the dog for a walk. Whatever you choose to do, however you choose to do it is not what is important, what is important is that you factor in breaks as part of your routine. Not just over the festive season, but throughout the year so that you can keep those creative juices flowing, the brain sharp and maintain motivation and productivity.