

5 Reasons to Leave Your Desk at Lunch

Do you eat your lunch at your desk every day? Do you feel that you can't spare even 30 minutes, much less an hour, away from your computer? Are you afraid that you might miss an e-mail or not make a deadline because you took your lunch away from your desk?



Taking time away from your desk has proven benefits, here are 5 of them:

1. **You will have greater concentration.** Of all the ways to use your lunch break to set yourself up for a great afternoon, the most important might be, well, actually taking a break. Yet taking a break—even for 15 to 20 minutes—is a proven way to sustain concentration and energy levels throughout the day. All the little tasks and decisions we have to make every day as we work gradually deplete our psychological resources.
2. **You could get an increase in energy.** If you ever experience an afternoon slump, a lunchtime break may be all you need for a rejuvenating boost of energy. Taking a walk can boost your energy levels and fight fatigue, and the break will help your brain recharge and feel less drained.
3. **You need fresh air.** One reason to leave your desk at lunchtime is to get outside and get some fresh air. You need to clear your head, and you need fresh air for better health.
4. **Spend time in nature to refresh your attention span.** To come back refreshed after a lunch break, spend some time in nature. Studies have shown that a walk in a quiet park is sufficient to refresh our attention spans so we can return to work with renewed focus.
5. **It can help relieve stress.** Working all day long can get pretty stressful, and it may seem like tearing yourself away from the job would make it worse. However, many studies show that taking breaks can help alleviate stress, and you can use that time to do other stress-relieving activities such as exercise, meditation, or even watching a funny video.

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