


YOUR BRAIN AT WORK: SCIENCE INSPIRED TIPS TO THRIVE



ATTENTION
The average attention span for adults is 10-20 minutes.



BREATHWORK
Just 5-10 minutes of daily deep breathing or mindfulness meditation can measurably reduce stress, improve focus, and enhance emotional regulation.



MOVE OFTEN
A brief burst of movement lasting 1-3 minutes can offer health benefits.



FOCUS
Can be maintained for approximately 90 to 120 minutes before requiring a short break.



UTILIZE CIRCADIAN RHYTHMS
Schedule demanding tasks during peak alertness periods to optimize cognitive performance and productivity.



LIMIT SCREEN TIME
Every 20 minutes, take a 20-second break to look at something 20 feet away. The 20-20-20 rule reduces eye strain, refreshes vision, and supports overall cognitive function.



MULTITASKING
The brain cannot effectively multitask, and attempting to do so diminishes IQ while engaged in the task.

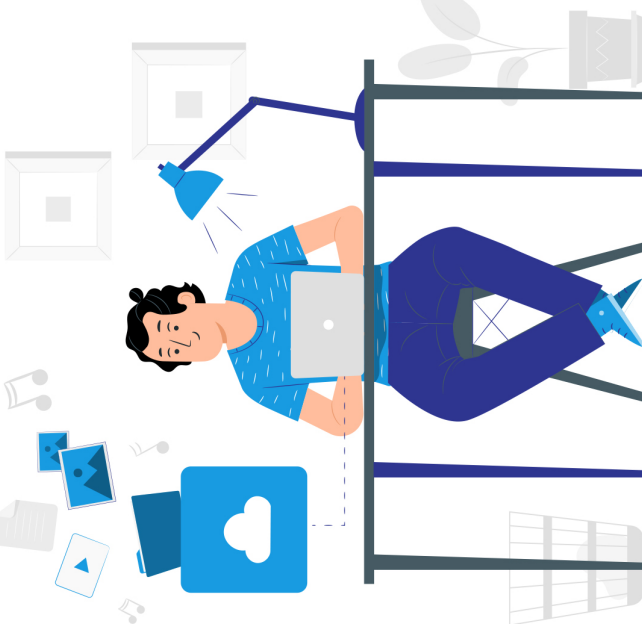


Illustration of a person sitting at a desk with a laptop, a desk lamp, and various office supplies like a printer, a plant, and a window.



AVOID BACK-TO-BACK MEETINGS
Honor hard stop times to and plan short breaks of at least 10 minutes to combat meeting fatigue.



KEEP HYDRATED
Brain function may start deteriorating with just a 1-2% dehydration level, coinciding with the onset of thirst.





Illustration of a person sitting at a desk with a cluttered desk surface, representing distractions.



DECLUTTER
Clutter is distracting and overwhelms brain function, thoughts, and emotions.



ENERGY CONSUMPTION
Although only 2% of body weight, the brain consumes roughly 20% of your energy, emphasizing its reliance on nutrient-rich foods.




Illustration of a person sitting at a desk with a clock, representing time management and avoiding distractions.



AVOID DISTRACTIONS
It takes 23+ minutes to return to a task after an interruption.

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HEALTH CENTER

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