YOUR BRAIN AT WORK: SCIENCE INSPIRED TIPS TO THRIVE

**Move Often**
A brief burst of movement lasting 1-3 minutes can offer health benefits.

**Limit Screen Time**
Every 20 minutes, take a 2-second break to refresh your eyes. This can help reduce eye strain and improve focus.

**Avoid Back-to-Back Meetings**
Honor hard stop times to plan short breaks of at least 10 minutes to combat meeting fatigue.

**Declutter**
Clutter is distracting and overwhims brain function, thoughts, and emotions.

**Avoid Distractions**
It takes 23+ minutes to return to a task after an interruption.

**Breathwork**
Just 5-10 minutes of daily deep breathing can help reduce stress, improve focus, and enhance emotional regulation.

**Utilize Circadian Rhythms**
Align your daily activities with your body’s natural rhythms to improve performance and productivity.

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

**Focus**
Can be maintained for approximately 90 to 120 minutes fueled by requiring a short break.

**Multitasking**
The brain cannot effectively multitask, and attempting to do so diminishes IQ.

**Keep Hydrated**
Brain function deteriorates with just a 1-2% dehydration level, coinciding with the onset of thirst.

**Energy Consumption**
Although only 2% of body weight, the brain uses 20% of body energy, emphasizing the importance of nutrient-rich foods.

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