

HOW TO FIGHT AND PREVENT AFTERNOON CRASH



Tasks

When you feel the energy drop coming, change your task. Keep the tasks that require the least concentration for the afternoon and the most demanding for the morning.



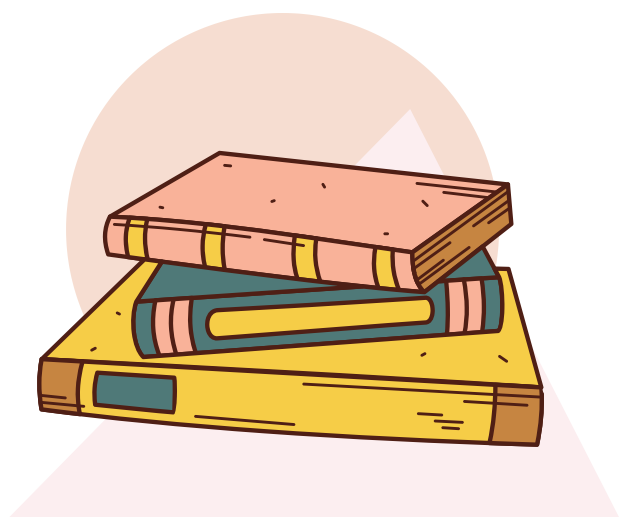
Stand up

If possible, do some of your tasks standing up (reading, calling). This will allow you to stretch while working and will even improve your concentration.



Activity

Instead of not working and browsing social media, take a break to do some physical activity. You will return to your workstation motivated, energetic and focused.



Objectives

To help you deal with falling energy and stay productive, make a list of goals to accomplish in the next hour and challenge yourself to complete them.



Music

Create a playlist of your favorite catchy songs and have them play in the afternoon for an instant energy boost!

... More tips



H2O

It is essential stay hydrated throughout the day to stay energized and concentrated. Herbal tea, fruity water, lemon ice cubes ... have fun!



Sugar

Stay away from foods very rich in sugars (especially refined). This will give you a rapid but temporary energy boost, quickly followed by a dip in energy.



Meals

Don't skip meals, eat at regular times and make smart choices. Avoid dinners that are too rich and too large, even if it means having a snack later.



Breaks

The average concentration period is 20 to 30 minutes. Take short breaks frequently throughout the day to stay focus and be more efficient.



Snacks

Be careful not to eat just because you are bored. When you are really hungry, choose items with high nutritional value.