



CGI WELL SAID.

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Time For RECESS!

Remember when recess was your favorite time of day. As adults, if we have a spare 15 minutes we figure it is not worth starting anything ‘important’ – there isn’t enough time. But as kids with a mere 15 minutes worth of free time there seemed to be no limits of what you could do.

You didn’t think of those 15 minutes of recess time as a limit – you just went out and made the most of it. Well, we should be changing our adult’s brain back to this mindset.

3 scientific reasons to prioritize breaks at work

Breaks keep us from getting bored (and thus, unfocused)—The good news is that the fix for this unfocused condition is simple—all we need is a brief interruption to get back on track.

Breaks help us retain information and make connections—Our brains have two modes: the focused mode, (when we’re doing things like learning something new, writing, or working) and the diffuse mode, (a more daydreamy mode). Studies show that the mind solves its stickiest problems while daydreaming. The focused

mode blocks access to the diffuse mode. The diffuse mode, it turns out, is what you often need to be able to solve a very difficult, new problem.

Breaks help us reevaluate our goals—When you work on a task continuously, it’s easy to lose focus. In contrast, a brief intermission forces you to take a few seconds to think globally about what you’re ultimately trying to achieve.

2 break methods to try

One of the most common ways to implement a schedule with breaks—especially when you’re busy—is to work in small bursts. Just set a timer for 25 minutes, and when it goes off, take a short break for 5 minutes. Stretch your legs, grab a drink, or just sit back and relax. After you’ve done

four sessions, take a longer break. Working in such compact time periods helps you get rid of distractions and focus more intently. Having a finite beginning and end to each chunk of work gives an edge of urgency to close out tasks more quickly and make the “little decisions” faster because the clock is ticking.

If a time-blocked day doesn’t appeal to you or work with your job, consider a simpler but still quite effective solution: blocking out two planned, 15-minute intermissions in your day—one in the mid-morning and the other in the mid-afternoon. Around 3 p.m. is the least productive time of day, so definitely don’t skip that break!

Lots of break ideas ...

Let’s recapture that anticipation with a simple paradigm shift. Moving is not only fun, but it boosts cognitive function, helps attention spans and supports learning as well – no matter how old you are. Try these recess ideas when you take your breaks: take a walk, daydream, eat, read for pleasure, doodle, listen to music (dance), talk with friends, exercise, meditate, go outside ... ENJOY!



“Don’t forget until it’s too late that the business of life is not business, but living.”

— B.C. Forbes

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CONTINUED

3 Great Spots to Have a Picnic in New England

It's time to savor the summer weather in New England, and if you want to do that without planning a complicated trip or spending a fortune, all you have to do is grab a blanket, some grub and your friends for a picnic.

Reid State Park (Maine)

You don't have to sacrifice modern dining conveniences just because you are picnicking. At Reid State Park in Georgetown, you'll find charcoal grills, bathrooms and even two snack bars where you can augment your picnic meal if you see or smell something that strikes your fancy. You can also reserve a group shelter for larger picnic parties.



Tanglewood Music Center (Massachusetts)

While the sound of chirping birds in the summer can be very pleasant, you can have more exciting music to accompany your meal when you choose the Tanglewood Music Center in Massachusetts as your picnic location. Not only will you be serenaded by the sounds of the Boston Symphony Orchestra, you can order a picnic in advance through the Events Services Department and have it waiting for you when you arrive to enjoy your show. To order your picnic, simply select the date of the performance you wish to attend at least 48 hours in advance.

Greeley Park (New Hampshire)

One of the best spots for a picnic in the Merrimack Valley is Greeley Park, located in Nashua. There are lots of picnic tables, grills, restrooms and space to play games and sports. There are also a variety of concerts, plays and other entertainment that take place at the park during the summer, so you may even have free entertainment to accompany your meal. You can find a map and schedule of events online.



Here's what you do:

- For adults, get four 16oz clear, plastic water bottles (or some other combination of sizes to equal 64 total ounces--which is 8 cups).
- With a permanent marker, draw a line around the water bottle in 8oz (1 cup) increments.
- Write times of the day above each line and on the bottom of each bottle showing at what time by which you will drink each cup of water .
- To make it easier to tell the order of the water bottles, write numbers 1-4 on the lids.
- Place the water bottles in the fridge to keep them nice and cold. When you wake up in the morning get out the first one out and drink all the water in the allotted time. Then go get #2, then #3, etc.
- At the end of the day, rinse/wash them, fill them back up and place them in the fridge.

This will keep you at a good level of hydration ALL throughout the day, instead of being dehydrated for half the day and then chugging a bunch of water when you're really thirsty.



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