



How to survive the energy slump in the afternoon

We've all been there – we know it too well, that slot just between 3 and 4pm where fatigue takes its toll, officially known as The Afternoon Slump! So, how best to avoid this attack of lethargy? Here are a few tips to keep you on your toes mid afternoon.

Attack those more brain taxing, mundane projects in the morning. You'll be on the ball, energised and will be much more effective as a worker. Save the easier 'tick box' tasks for the afternoon, when it is an easier process.

Be passionate about your job! You spend 40 hours a week doing this role, so it needs commitment, passion and drive. Love what you do and you'll stay motivated and reap the reward.

Leave the office at lunch. Even if it's a five minute sandwich run or a spin class, it will breathe new life into you. You'll feel like a new person back at your desk and be much better equipped to do your job well.



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Keep hydrated. Drink plenty of water throughout the day, and you'll feel healthier and better for it.

Get away from your desk! Get up, stretch those pins and walk around the office. Catch up with colleagues at the water fountain, move those muscles and get the blood flowing again. Your computer has only so much ability to stimulate in a nine-hour period and a five minute stretch isn't much.

And if all else fails – a sugar hit always works a treat!

