

THE EXTRA POINT

BY JERRY ROBERTS



1794 Different Ways to Spend Break Time

How do you spend break time at your place of work? Do you grab a snack? How about walking around to chat up other people? Maybe you pull out your phone and scroll around until your eyes pop out. Maybe you catch a short nap. I'm Jerry Roberts, and what if I could give you some different ways to use those 15 minutes. That's coming next on The Extra Point.

Breaks generally come twice a day in most work sites, one in the morning and one in the afternoon. Here are a dozen ways to spend those breaks.

1. Have a dance party. Crank up your favorite tune and have a mini dance-off between you and your coworkers. Who can bust moves the best?

1b. Let each person choose their own type of music. Some people will want cha cha, some will go for rock, etc.

1c. Here's another twist on the dance concept: You have to dance with your eyes closed. Go ahead and try it, and feel the difference.

2. Short meditation. Close your eyes, take deep breaths, and visualize yourself on a beach. Feel the sand between your toes.

3. Office chair races. Safety first of course, and you might need a hallway of some kind. I have done this, and it can be hilarious.

4. Get outside and walk around. Get fresh air, hug a tree.

5. Do a flash workout. We have made this a part of our admin professionals course, and it's always a hit. Moving your body, even just a little, can make a difference after sitting in a chair for an hour or two.

Try squats, heel raises, wall sits, and there are many more exercises you can do at your desk.

6. Deliver a mini-mentoring session. Can you help a coworker to get a little further and do a little better in those 15 minutes? That's all you need to plant an idea, get feedback, set a plan to try something new. evaluate progress, and help someone move a step forward.

7. Open a DIY desk spa. Treat yourself to a quick hand massage using lotion or just stretch and relax your hands.

8. Add a "chiropractic session." I have found ways to twist my body that end up with a satisfying back crack. A chiropractor is better, but this works pretty well in a pinch.

9. Creative brainstorming. Grab a handful of people and everyone writes down their wildest ideas for a new product, service, or office game. Real innovation has come from this, but the main thing is to have fun and get the imagination rolling.

10. The mystery snack taste test. Assemble a group of coworkers, set a date and on that day each worker brings a snack item from home.

Everybody wears a blindfold of some kind, except for a facilitator, who places three snacks in small containers in front of each person. They taste all three and have to identify what they are.

11. Balloon volleyball. Inflate a balloon and play a quick game with a coworker in an open space. This can be simple fun, or can border on exercise. It's up to you.

12. Read a chapter from a book you've been meaning to get to, but just don't ever seem to have the time. If it's 10 chapters and you get 10 breaks in a week...well...do the math.

(Con't.)

Here's a bonus...

13. Praise someone. Target a coworker for your sincere praise, showing your appreciation for something they've done. Nobody gets enough of it, and it doesn't always have to come from the boss.

You want to try some of these break activities? Go to our site at guamtraining.com and download transcript #1794.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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