

TEN WAYS TO STAY

PRODUCTIVE AROUND THE AFTERNOON SLUMP



2:55 p.m. is the worst time of day for high performance & productivity!



SIGNS OF THE AFTERNOON SLUMP



Moodiness

Glazed over eyes

Even heavier eyelids

A suddenly weighty head that keeps dipping toward the keyboard

01

02

03

04

05

06

07

Work piling up without regard for your inability to acknowledge its presence

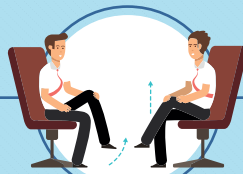
Slumped shoulders

Eyes that constantly sneak peeks at the time, which seems to tick ever more slowly

TEN SLUMP BUSTING TIPS & TECHNIQUES



Move around more



Deskercise



Head outside & sit in the daylight for 10 minutes



Eat high protein foods like almonds not carbohydrates



Meditate at your workstation



Listen to upbeat music



Get more sleep



Take deep breaths



Start planning tomorrow



Engage with others



zestySleep

www.zestysleep.com