

# Go, Go, Go...on a Break. It's Important!

by Jan Cerasaro, CSEO

In today's "go, go, go" society, we idealize the pink Energizer Bunny® that beats his drum non-stop. As the battery commercial says, "He keeps going and going and..."

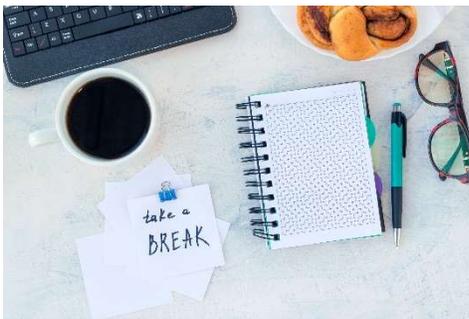
And so do we.



We work long hours, days, and weeks without a break. Some employees don't even take advantage of their entire vacation time (I know I used to be guilty of that). Then we pack our non-work hours with more activities.

But taking breaks—whether for a short walk or a long vacation—helps you avoid burnout, improve mental health, and reduces the likelihood of stress-related illnesses that can accompany the "don't stop 'til you drop" attitude. Breaks encourage the discovery of fresh perspectives and new ideas. They are a delicious reward for hard work, a pause that reinvigorates.

If you feel overwhelmed, depleted, or under-energized, chances are it's time for you to take a break. These three practices help you renew, recharge and refresh:



**Get up and walk or stretch.** If you spend most of your day at a computer or stuck in one place, get up and move around for a few minutes several times a day. Try to stretch. Experts continually caution that sedentary people are at increased risk of developing health issues, such as heart disease and Type 2 diabetes.

Also, looking away from a computer screen for even one minute now and then can give your eyes—and mind—a much-needed break. According to the Mayo Clinic, although eyestrain can be annoying, it usually isn't serious and can be relieved by resting your eyes.

On the other hand, if you are running yourself ragged, chasing after kids, or keeping up a hectic pace, carving out a half-hour for a nap or some rest and relaxation will do wonders for your body and soul. Even most athletes recognize the importance of resting after intense exercise. It's essential to high-level performance and allows the body to repair and strengthen itself.



**Take a day off.** Before you start dreading getting up in the mornings, take a mental health day every now and then. Do whatever recharges you, whether that's soaking in a bubble bath, reading a book, going for an energizing hike or having lunch with friends even on Zoom. The idea here is to take a little time off before you get sick, depressed, or feel overwhelmed.



**Plan a vacation.** Whether you have one week or a month off a year, make sure to take every moment of it. Or if you decide that a “stay-cation” or “play-cation” is your best option, figure out in advance how to make the best use of the time you will spend in and around your home or city.

According to Karen Matthews of the University of Pittsburgh’s Mind-Body Center, “It is important to engage in multiple leisure activities, both as a way to enjoy life more, but also to potentially have a benefit to your health and be a stress reliever.”

It's up to you to discover when it's time to take a break from your job or whatever your regular routine is. Taking breaks—big or small—helps you remain motivated and excited about your life. Don't strive to be the Energizer Bunny, take time to recharge, you deserve it!

Jan Cerasaro started in escrow in the 1970's and is now a Stress Reduction Coach working with the escrow community which she knows and loves. You can contact Jan at [jancerasaro@yccbe.com](mailto:jancerasaro@yccbe.com). To get her weekly Tips to Take Back Control of Your Day- copy and paste this link: <https://yccbe.com/escrow-only-stress-tips1.html>