We’d all be lying if we said lunchtime isn’t one of our favorite parts of the work day. It’s the one chunk of time we have during the day to step away from the many tasks we are working on, refresh our brainpower, and recharge our energy for the remaining hours of the day. So why not make the most of it? Here’s how.

• **Cleanse your mind…and your desk.**
  Only one in three American workers takes a lunch break, leaving 65 percent of employees either eating at their desks or skipping lunch all together, according to a 2011 survey by human resources consulting firm Right Management. In order to completely decompress from your work day stresses, it is wise to leave your desk behind during the lunch hour.

Stepping away from your cubicle will also help to avoid accumulating germs in your workspace. It can also increase your ability to do more productive work during the afternoon hours. Do your eyes (and brain) a favor and use your midday break to get your head out of your computer. The rest of your day’s productivity depends on it, says Tom Rath, author of *Eat, Move, Sleep.*

• **Brown bag-it.** Save yourself the extra expense of making those ever-so-familiar $5 runs to grab fast food (we all know how quickly this adds up). The average cost of brown bagging it, or eating lunch without going out, is $2.45, whereas the price to eat out is $8.80, according to LifeHacker. Packing a healthier “brown-bag” lunch the night before saves you more than just money. It benefits your health while also adding some extra “me” time to the lunch hour. Plus, it allows you to take advantage of those delicious leftovers from last night’s dinner!

• **Now walk it out.** Use your lunch break as an opportunity to get outside and get moving, especially as the weather begins to get warmer. “We are made to move, not sit at a desk 12 hours a day,” says Joan Price, author of *The Anytime, Anywhere Exercise Book.* “As ergonomic as your desk or chair may be, sitting produces back pains, headaches, and listlessness. You become less productive.”

Try splitting your allotted break evenly between an outdoor stroll and some time to eat. Pack a nutrition-friendly lunch to reward yourself with after you exercise to replenish your mind and body.

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**Fast Facts**

Another group of Generation Y graduates are on the hunt for jobs, brand-new degrees in hand. If you are interested in recruiting these eager young grads, read on.

A survey of 2013 college graduates, conducted by Achievers, the leader in employee recognition and rewards software, and ConnectEDU, found the following:

• Over 85% of recent grads plan to apply directly to the company they want to work for.

• 46.6% have never had a full-time job, so company policies that favor transparency, clear guidelines, and career pathing will benefit all involved.

• 20% anticipate being with their first company for 10 or more years.
Caregivers: Hints for Handling the Juggling Act

For most individuals, handling the day-to-day responsibilities of work and family is challenging enough. Add to that the job of caregiver and the juggling act can seem even more overwhelming. How can you manage to balance your responsibilities at work and at home while staying healthy, both physically and mentally? Consider some of the following hints suggested by NetofCare.org.

**Work:**
- Talk to your supervisor about your situation and needs. Express your concerns as a caregiver and a dedicated employee.
- If possible, ask family members or friends to stay with or check in on the patient when you are at work.
- Look into home care options to use during the time when you are at work.
- Try to view your job as respite time away from caregiving. It is time for you to focus on concerns other than the patient, and have time for yourself.
- If on leave, you should check in with your employer frequently to stay aware of what is happening at work. Also, be sure to keep your employer informed about your situation.

**Family:**
- If you have to spend a lot of time away from your partner due to caregiving, make sure to express your feelings about being away from him or her. Make the most of the time you do have together.
- Try not to take your frustrations out on your loved ones.
- Talk to your children about the situation, giving them a clear explanation without scaring them.
- Try to keep things as normal as possible in your children’s lives.
- If caring for a parent, share the responsibilities of caregiving with your sibling(s) by dividing duties as evenly as possible.
- Have regular family meetings to discuss responsibilities and reassess the plan of care for the patient.

In order to care for others, you must first remember to care for yourself. Take the time to get some exercise and follow a healthy diet. It is unrealistic to think that you can do everything. Look for opportunities to reduce your burden whether it's from volunteers, family members, home health agencies, or delivery services for basic needs like groceries or housekeeping help.

National Donut Day

National Donut Day began in 1938 to honor the women known as “Lassies” who served donuts to soldiers during World War I. It has since evolved and is celebrated each year on the first Friday in June. This year, National Donut Day falls on June 6th. Many local and national donut shops will be giving away free donuts to mark the occasion. Grab a box of these sweet treats to share with your coworkers!

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