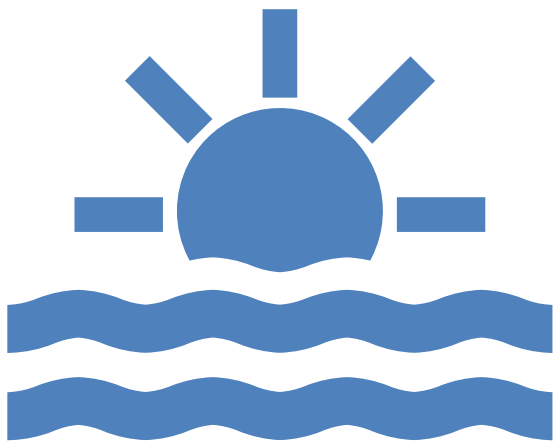




WASHINGTON STATE



Strategies to Maintain Productivity  
Throughout the Day

## Boosting Energy and Vitality in the Afternoon

Written and Presented By:  
Carlee Osburn, MLIS  
Education and Awareness Specialist

An illustration of a person with dark hair, wearing a yellow long-sleeved shirt and dark pants, slumped over a desk. Their head is resting on the desk, and their eyes are closed, indicating they are asleep or exhausted. On the desk, there is a computer monitor with two panels, a small potted plant, and a blue chair. The background is a solid dark teal color.

# What is the Afternoon Slump?

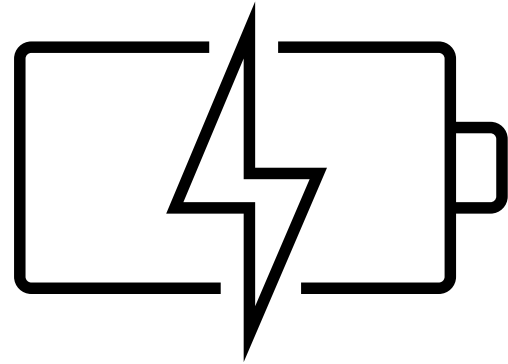
# The Afternoon Slump

---

Common causes  
of afternoon  
fatigue

Impact on  
productivity and  
mood

# TIPS TO OVERCOME THE SLUMP

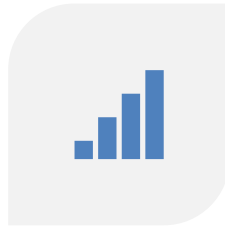


# Light Physical Activity

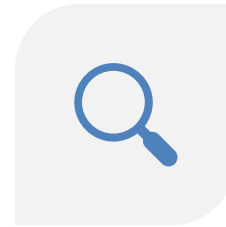
---



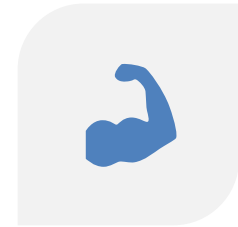
BENEFITS OF SHORT  
EXERCISE BREAKS:



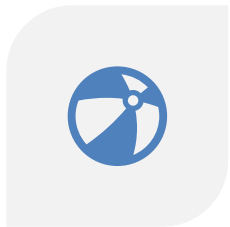
BOOSTS ENERGY



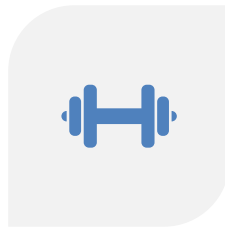
IMPROVES FOCUS



REDUCES STRESS



SIMPLE ACTIVITIES:



STRETCHING



SHORT WALKS



DESK EXERCISES

# Healthy Afternoon Snacks

Nutrient-rich snack options:

Nuts and seeds

Fresh fruits

Vegetables with hummus

Avoiding sugary snacks:

Prevents energy crashes

Promotes sustained energy

# Hydration

- Importance of staying hydrated:
  - Maintains energy levels
  - Supports cognitive function
- Tips for increasing water intake:
  - Keep a water bottle at your desk
  - Set hydration reminders



# Power Naps



Benefits of short naps:  
Restores alertness  
Enhances performance

Best practices for napping:  
Keep naps to 10-20  
minutes  
Nap in a quiet, dark place



# Breathing Exercises

Techniques for quick energy boosts:

- Deep breathing
- Box breathing

Practice during breaks:

- Spend a few minutes breathing deeply
- Combine with stretching for added benefit



# Time Management



# Pomodoro Technique

The Pomodoro Technique is a popular time management method that can help you stay focused and productive throughout the day. Developed by Francesco Cirillo, this technique involves breaking your work into 25-minute intervals, called 'Pomodoros,' followed by short breaks.



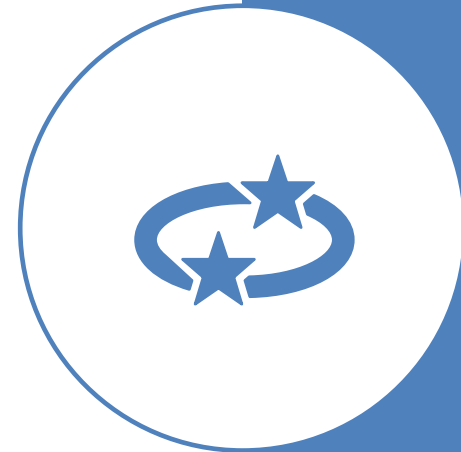
# Time Blocking

Is a time management method where you schedule specific blocks of time for different tasks or activities:

- **Steps to Implement Time Blocking**
  - List all tasks and activities you need to accomplish
  - Estimate the time required for each task
  - Allocate specific time blocks in your calendar for each task
  - Stick to the schedule and adjust as needed
- **Benefits of Time Blocking**
  - Provides a clear structure for your day
  - Increases accountability and reduces procrastination
  - Helps prioritize tasks and manage time efficiently

# Summary and Q&A

- **Recap of key points:**
  - Light physical activity,
  - Healthy snacks,
  - Hydration,
  - Power naps,
  - Breathing exercises,
  - Time management



# Additional Resources

## ➤ Books:

- ['The Power of When'](#) by Michael Breus
- ['When: The Scientific Secrets of Perfect Timing'](#) by Daniel Pink

## ➤ Articles:

- 'How to Beat the Afternoon Slump' ([Healthline](#))
- ['10 Ways to Stay Awake at Work'](#) (Medical News Today)

## ➤ Videos:

- TED Talk: 'The Science of Sleep' by [Matt Walker](#)

## ➤ Websites:

- [National Sleep Foundation](#): Napping
- [WebMD](#): Energy-Boosting Tips



# References

- [https://www.calm.com/blog/afternoon-slump#:~:text=your%20afternoon%20activity-,What%20is%20the%20afternoon%20slump%3F,grabbing%20another%20cup%20of%20coffee\).](https://www.calm.com/blog/afternoon-slump#:~:text=your%20afternoon%20activity-,What%20is%20the%20afternoon%20slump%3F,grabbing%20another%20cup%20of%20coffee).)
- Courtwright, S. (2024, February 5). *25 Office Exercises: Easy Desk-Friendly Ways to Get Fit in 2024*. Retrieved from Snacknation: <https://snacknation.com/blog/office-exercises/>
- Henry, A. (2016, July 19). *Tuesdays at 2:30 PM Is the Best Time to Schedule a Meeting*. Retrieved from Lifehacker: <https://lifelifehacker.com/tuesdays-at-2-30-pm-is-the-best-time-to-schedule-a-meet-1783758601>
- Integrus Health. (2023, November 10). *The Health Benefits of Taking Afternoon Naps*. Retrieved from Integrus Health: <https://integrishealth.org/resources/on-your-health/2023/november/the-health-benefits-of-taking-afternoon-naps#:~:text=In%20fact%2C%20research%20indicates%20that,to%20decreased%20focus%20and%20productivity>
- Lisa Winn. (2023, March 26). *Harnessing the Power of Breath to Beat the Afternoon Slump*. Retrieved from Lisa Winn: <https://www.lisawinn.co.uk/blog/movement-dnp8d#:~:text=By%20engaging%20the%20diaphragm%20and,relaxation%20and%20increasing%20energy%20levels.>
- Shruthi N, M. (2024, February 9). *13 Ways to Beat the Afternoon Slump*. Retrieved from WebMD: <https://www.webmd.com/balance/ss/slideshow-beat-afternoon-slump>
- Williams, F. (2024, July 17). *18 tips to avoid an afternoon slump*. Retrieved from Rest Less: <https://restless.co.uk/health/healthy-body/tips-to-avoid-an-afternoon-slump/#:~:text=Consider%20scheduling%20more%20collaborative%20work%20for%20the,energy%20levels%20and%20removes%20the%20temptation%20of>



# Thank you!

- [www.eap.wa.gov](http://www.eap.wa.gov)
- 877.313.4455
- [Carlee.Osburn@des.wa.gov](mailto:Carlee.Osburn@des.wa.gov)
- [wastateeap@des.wa.gov](mailto:wastateeap@des.wa.gov)