

## **Working Remotely: Tip of the Week**

April 6, 2021

### **Break Up Your Day with a Walk**

As we have been working from home for more than one year, many of us have "hit a wall" at some point. Working-from-home burnout syndrome is real (see [World Health Organization](#), 2019)—so it's important to do what you can to give yourself a boost throughout the workday. Don't underestimate the power of going for a walk (or, if you're unable to walk, spending some time outside), especially as the spring weather blossoms... and before the cicadas emerge.

Walking has physiological, mental, and emotional rewards. In his New Yorker article, "Why Walking Helps Us Think," journalist Ferris Jabr writes that when we go for a walk, we reap many benefits:

- We perform better on tests of memory and attention.
- Our brain cells build new connections, staving off the shrinking of brain tissue associated with aging.
- We can actively change the pace of our thoughts by deliberately walking more briskly or by slowing down.
- Our attention is left to meander and observe, helping us generate new ideas and have strokes of insight.

According to the Centers for Disease Control and Prevention, a single bout of moderate to vigorous activity (including walking) can improve our sleep, thinking, and learning while reducing anxiety symptoms.

Here are five reasons to walk with purpose.

1. Perspective. Especially in these trying times, getting outside and reconnecting with nature can help broaden your perspective in a healthy way.
2. Connection. Invite a friend or family member to join you in person if it's doable, safe, and responsible, or over the phone if it isn't.
3. Learning. Try listening to an audiobook, podcast, or webinar to stimulate your mind with new information.
4. Gratitude. It's easy to get bogged down in the negative these days. What if you used your time outside to focus on what you're thankful for?
5. Productivity. Walking doesn't always have to be a break from work. It can just be a break from sitting at your desk all day. Which meetings or phone calls could you do on the go?

This tip is adapted from "[Don't Underestimate the Power of a Walk](#)," by Deborah Grayson Riegel

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e> and watch for the next tip on April 5, 2021.

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