How to improve productivity by taking a coffee break

Coffee breaks often get a bad rap. But as studies continue to unveil the benefits – from increased team spirit, to an improved work environment, to a bump in productivity – perhaps companies should not only consider permitting these breaks, they should encourage them.

Whether employees reach for a cup of joe to get a caffeine boost before a big meeting, or simply to take a breather and unwind with colleagues during a hectic day – 84 percent of workers consider these breaks as either “important” or “indispensable”.

A gathering place

The office environment, often filled with deadlines and demands, can be a stressful place. In addition, the growing frequency of emails removes the need to get up and see people face to face. Coffee breaks give employees the opportunity and environment to break from the sedentary rhythm of office life. Coffee breaks allow individuals to share perspectives and ideas, gain new insights and knowledge and deal with stress and emotional pressure.

A recent survey conducted by Nespresso shows that coffee breaks reinforce the feeling of belonging. In fact, 79% of employees consider these breaks as the most efficient way to boost team spirit and ease conflicts; while for 91% of employees it is the ideal moment to build more human and personal exchanges with colleagues.

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