When I need to recharge or relieve stress during the workday, I swing by a nearby coffee shop for a caffeinated drink. And I always feel better when I leave, cup of Joe in hand.

Having a cup of coffee together was part of a ritual that gave workers a chance to have a personal conversation and offer support to one another.

I usually take my coffee breaks alone, but this study suggests I’m doing it wrong.

People are not machines. People need breaks in order to store knowledge and to gain new energy and ideas.

Thus, my advice would be to put up coffee machines in corners and corridors of the workplace/organization. Also, it would be a way to signal the allowance if the employer paid for the coffee as an employee benefit.”

I’d love to hear how you and your co-workers relieve stress in the workplace. Let me know in the comment section.