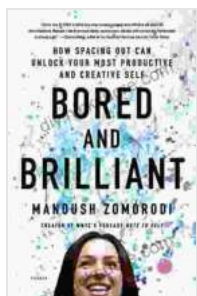# How Spacing Out Can Unlock Your Most Productive And Creative Self

In a world where we are constantly bombarded with information and stimuli, it can be difficult to find the time and space to relax and recharge. However, research has shown that taking breaks throughout the day can actually help us to be more productive and creative.

When we are constantly working, without taking any breaks, our brains become fatigued and our ability to focus and concentrate decreases. This can lead to errors, decreased productivity, and burnout. Taking breaks, on the other hand, allows our brains to rest and recharge, so that we can come back to our work refreshed and ready to focus.

In addition to improving our productivity, taking breaks can also boost our creativity. When we allow our minds to wander, we are more likely to come up with new ideas and solutions to problems. This is because when we are relaxed, our brains are able to make new connections and see things from different perspectives.

Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self by Manoush Zomorodi

★★★★☆ 4.4 out of 5

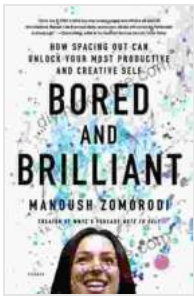|	
Language	: English
File size	: 2842 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 189 pages

There are many different ways to space out throughout the day. Some people prefer to take short breaks every few hours, while others prefer to take longer breaks once or twice a day. The best way to find out what works for you is to experiment and see what makes you feel most refreshed and productive.

Here are a few tips for spacing out effectively:

- **Take breaks away from your desk.** Get up and move around, or go for a walk outside. This will help to clear your head and get your blood flowing.

- **Do something you enjoy.** Read a book, listen to music, or spend time with friends and family. This will help you to relax and recharge.

- **Meditate or do deep breathing exercises.** This will help to calm your mind and body.

- **Take a nap.** If you can, take a nap for 20-30 minutes. This will help to restore your energy levels.

Spacing out is an important part of a healthy and productive life. By taking breaks throughout the day, you can improve your focus, boost your creativity, and reduce stress. So next time you feel like you are starting to get burnt out, take a break and give your brain a chance to rest and recharge.

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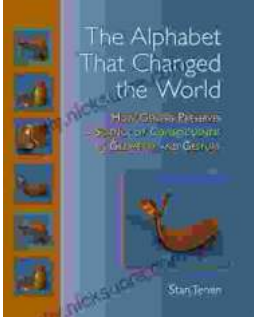
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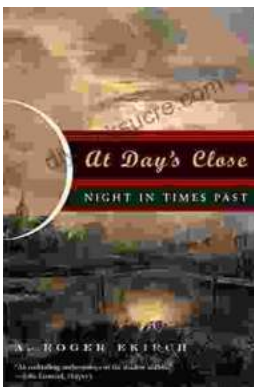
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