



Kill the 3 p.m. Sag

It happens with all of us, every day we meet that complex part of the daylight when our energy plunges, our attentiveness streamers and it seems like we can't remain awake without that much craved mini-nap.

Moreover, yesterday nights' sleep if didn't go well, the problem just augments. So, this makes us go for a cup of coffee, a can of soda or a candy bar to cope up. Alas, we usually end up shelling money for our caloric cravings with a not so well sugar hurtle later on Still, even healthier ways to face the 3 p.m. droop exist.

Ideas for killing the afternoon dribble:

Be in Motion

When you approach that sleepy phase of the day, attempt to defy going right away for the coffee-cup, get-up from your desk and take a walk in the exterior for catching the scenery, as an alternative. It's just that if you can, plan your dynamic everyday jobs for that phase of the day.

Express Some Amusement

If you can't pace out of the office, just getting up from the desk for a couple of minutes to have a minute of laugh with your coworkers, may well freshen you up. Remember, laughter is one of the most effective work-slump remedy.

Office Yoga

It is also recommended to get into a little revitalizing yoga at your desk to usurp the yawns. Whilst sitting at your desk:

Lift-up your arms straight-up on top of your head.

Wave your hands truly fast.

Exhale and Inhale – Breathe speedily.

Eat Correct



Your diet can affect your energy-levels all through the workday. Among the best cures for the 3 p.m. drool is having good breakfast; as eating a good breakfast augments your concentration and boosts your energy. But it is recommended that you must keep away from refined carbohydrates, like white bread and white sugar as these carry a high glycemic index, that can pierce and dip in your blood-sugar levels.

Breakfast: To snatch a power breakfast, you should opt for natural whole-grain breads and cereals having a low-fat protein, like yogurt, cottage cheese or skim milk.

Lunch: A lunch that's small in carbohydrates and includes foods like low-fat cheese, fish, lean meat or poultry is recommended. As carbs can add to the amount of serotonin in the brain and could result in that drowsy feeling.

Snacks: Its' recommended to keep eating every few hours to help your body utilize its fuel further efficiently, it also encourages your metabolism and maintains your energy flow steadily. In a midday snack, you can try fruits and vegetables in place of candy bars. In regards to a late-afternoon snack, tap on a lean protein, like low-fat yogurt, cottage cheese, even a lean meat or peanut butter with some crackers.