

Business Edge

Have a Good Lunch

2014

by Jeff Davidson | Sep 24, 2014 ([Leave a comment](#))

How many leisurely lunches do you take in the course of a week or a month? What do I mean by a leisurely lunch? The kind where you leave your desk and go elsewhere. You can go to a restaurant or lunch counter, or a park bench or a picnic table, depending on what is available. This allows you to eat in peace; experience the food by chewing slowly and thoroughly; to digest well; to linger for a moment after lunch; and when you're ready, return to work.

If you're not experiencing even one leisurely lunch per week right now, you should set a goal for one. If you're already at one or two lunches per week, add another lunch each week. In the course of a month with 20 or 21 working days, if you can get up to five or seven leisurely lunches, the benefits will accrue. You'll come back to the workplace less stressed, more energized and better able to meet the challenges of the afternoon.

As a time saver, maybe it makes sense for you to prepare five lunches Sunday night. Put them all in the freezer, grab the first one on Monday morning and have it ready for you when the lunch hour arrives so you don't have to stand in line or wait for someone to serve you at a food establishment. Most important, you know what the ingredients are in your lunch.

Enjoy Your Leisurely Lunch

Do not gobble the food in front of you in two minutes, barely tasting it. This, in the long run, will not make you more productive. Take the time to chew slowly and carefully. Give up reading the newspaper and focus on the food in your mouth. Old sensations may return. You will actually enjoy your lunch, digest your food better and do better back on the job.

Some insist on having lunch away from their desks. By getting away from the office, they are able to regenerate their batteries, and focus on their work and how they'll approach it. They feel that when they stay at their desk too long, every task competing for their attention, whether big or small, seems urgent. At any rate, the lunch break has some similarities to a seven-day vacation.

About the Author

Jeff Davidson, CMC, MBA, is The Work-Life Balance Expert®. A speaker at many large companies, Jeff believes that career professionals today in all industries have a responsibility to achieve their own sense of work-life balance. He supports this quest through his websites www.BreathingSpace.com and www.Work-LifeBalance.net. Jeff can be reached at jeff@breathingspace.com