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Put the kettle on and revive Britain with a nice cup of tea

Valentine Low

Forget quantitative easing, cutting interest rates or introducing new tax breaks for small companies: there is, according to a behavioural expert, a new, cheap and easy way of helping the country move out of recession.

It's called the tea break.

Jamie Smart argues in a new book that bosses are wrong to criticise workers for taking time out of their day to make a cup of tea because it boosts productivity.

In his book, *Clarity*, he says that the process of leaving their desks to put on the kettle helps people to clear their minds of "information overload" and gives them a chance to improve productivity.

Mr Smart, who runs professional development workshops, said that workers and companies should recognise the positive benefits of the tea-break to their performance.

"The key is decluttering your mind — emptying it of all the noise that is going on as a result of the stresses and strains of modern life. Making a cuppa is the ideal way to give your mind a chance to do just that."

Many workers, he said, take e-breaks instead of tea breaks — not leaving their desks but logging on to social networks when they have downtime.

He added: "A saturated mind is the single biggest cause of stress, lack of confidence, bad decisions, strained relationships, fumbled goals and unrealised potential."

"From top-level government and board rooms to the shop floor, factories and homes, people are paying the price. True clarity of mind

has so many benefits — better decision-making, greater resilience and innovative thinking. It gives you more time to focus on your priorities as well as better performance and results."



Jamie Smart[®]



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