

# EAT, WORK AND LOVE!

by Lynn Kruger

**W**e have all heard of the afternoon slump after lunch referred to as the graveyard shift or the PM-crash. At my workplace we often hear the students say: "Pap is swaar (porridge is heavy)!" when they lack the energy to concentrate in the afternoon lectures.

I had an interesting conversation with Meekaeel Barnabas, a nutritionist and operations manager at Par Avion. His opinion is that if you eat well, you will feel well, and you will work well.

If you don't have the energy to attend to your daily tasks you might start resenting your job instead of identifying the

feeling of fatigue. You might love your job but because you can't pick your arms up after lunch you hate doing it!

**Think about it? Do your afternoons feel longer than your mornings?**

Some helpful tips can be found at: <https://yurielkaim.com/avoid-afternoon-slump/> with the three top tips given by fitness guru Yurie Ikaim being:

- Avoid sugar and caffeine
- Eat greens rather than heavy pastas and breads
- Proteins and healthy fats are the best snacks



But my favourite quote on his page was *"Anything that is good for your heart is also good for your brain"*.

**Let us engage our brains for a moment...**

Eating, working and loving life are undeniably the 3 well-springs of life because they are the sources of our energy, prosperity and purpose. In fact, it forms such an important part of the balance of life that it should be governed! How would you govern these three areas of your life to find the perfect harmony?

The article <https://www.womenshealthmag.com/health/g19957045/afternoon-slump-fixes/> triggers a few ideas on the implementation of some afternoon-slump-fixes.

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Some crazy or not so crazy ideas for us all to consider:

- Companies only serve coffee until 11 am?
- Water coolers are placed in reception with a gentle reminder from the lovely lady behind the counter to fill up your water bottle as you arrive at work in the mornings and after lunch.
- There is a lunch time shut down? All staff must leave their desks for at least 30 minutes to breathe in some fresh air and reload their Vitamin D.
- You become your companies' lunch time yoga master on the roof or on the lawn of your office?

Full potential productivity can be achieved by implementing little policies that will make a big difference in the well-being of our most precious resource ... yes, the human one.

I don't know about you, but I would love to work for a company like this! Is this something you can suggest to your HR department or manager? Now go and **Eat smart, Work hard and Love your life!**



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