



Want More Productive Employees? Tell Them to Take a Break

Staples offers insight into how to enhance productivity and morale by fostering a break-friendly work environment.



One in five respondents claim guilt is the reason they don't break away from work.



People are craving healthier treats: **57%** would like healthy snacks, such as nuts, protein and muesli bars, compared to only **10%** who would like chips, biscuits or lollies.



People like snacks and drinks: **63%** of employees felt a company offering complimentary snacks/beverages would make them feel more appreciated.



25% of respondents don't disconnect from work-related technology when taking regular breaks.



76% of employees said they could unwind and relieve more stress at work with a well-stocked and comfortable break area.



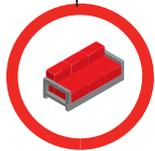
66% of employees spend more than eight hours per day at work, and **41%** of employees feel burnt out from working longer days.



55% of employees feel like they can't leave their desks for a break.



90% of employers say they encourage breaks, and **86%** of respondents acknowledge taking a break would make them more productive at work.



45% of respondents would use the break area more if it had furniture to encourage relaxation, yet **50%** don't have a properly furnished area.



59% of employees say regular work breaks would increase their happiness at work, **43%** would see a boost in personal happiness and **37%** said their health would improve.

Visit the Staples **Kitchen Supplies** page for more information on how to stock your break area with great **products** and **supplies** to ensure a happy, productive staff.