

Tips for getting out of the office

- Pop out for 5-10 minutes mid-morning and mid-afternoon to take in some fresh air, to look at the sky, to move your body, to clear your mind, to regain perspective
- Go for a walk at lunch time around the block or in a nearby local park ; just half an hour outside can make all the difference to our mindset, our sense of self and others, as well as our perspective on work and life in general.
- Take your 1:1 meetings outdoors while walking.
[Recent Stanford research](#) shows that a person's creative output increases by an average of 60 percent when walking.
- Consider holding your team meetings outside the office once a month – including a nearby park if the weather is fine. Notice the change in your colleagues as they are freed from the constraints of the office environment.
- Hold your next team building away day outdoors in natural green space – see above.
- Try this simple [‘4-3-2-1 exercise’](#) to help you unwind, relax and rejuvenate in just 10 minutes in a park or green space.