

# ECS introduces the 'Recharge Hour'

We've all had days where it feels like there is no time for a break.  
No room in the calendar to take an hour to escape.

Too many jobs.  
Too many emails,  
Too many meetings in the day,  
And then when lunch comes around,  
at our desks we stay.



Day after day, we sink into our chairs,  
Creating an unique imprint with our derrières,  
Caught up in the notifications and being online,  
Often dismissing the hour lunch break because we don't have time.



But what if we used that allotted hour  
to get up and stretch,  
To go for a run, to get outside, to reset,  
To spend sixty quality minutes with  
partners and children,  
Away from the computer and out of  
the building.

To enjoy lunch without the companion of emails,  
To take out the woofers and watch them wag their tails,  
To read a book, bake a cake, perhaps take an  
afternoon nap,  
Reclaim those 60mins and take a proper stopgap.

Because it's important.  
That sometimes lost 60min break is a  
chance for your mind to rest,  
For you to recharge and refocus and  
reduce your daily stress.



That's why ECS is introducing the **'Recharge Hour'**,  
60mins to unplug from work and repower,  
You've always had these 60minutes  
But this time it's in your diaries, booked out so  
colleagues know when not to visit

It also doesn't have to be taken at lunch,  
If it's raining in the afternoon, head out at brunch  
If home-schooling classes stop at three,  
Take the 60mins then and enjoy a cup of tea.

These sessions will be respected by all at ECS,  
From top to bottom, Line Managers, newbies and all  
the rest,  
We know client work will make this tricky and  
deliverables will remain,  
But not at the expense of your body and brain.

So please, take your daily 60mins away from your desk,  
Enjoy the break & come back recharged & refreshed.  
Just remember: use status updates on Slack & Teams  
to show you're away,  
And put in place a calendar event to keep meetings  
at bay.

**In fact, why not organise your first  
Recharge Hour today?**

