

KICK THE AFTERNOON SLUMP



Franciscan
HEALTH

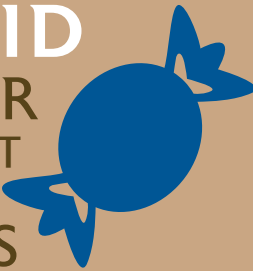


STROLL
TO THE WATER
COOLER OR
STRETCH
YOUR LEGS



CATCH
SOME RAYS
AND FIGHT
MELATONIN

AVOID
SUGAR
AND EAT
COMPLEX
CARBS



TRY
THE STRONG
SCENT OF
PEPPERMINT



SNACK
ON DARK
CHOCOLATE FOR
A SMALL CAFFEINE
BOOST

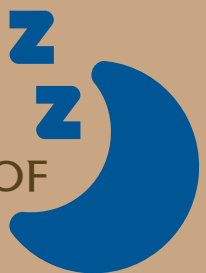


AVOID
SLOW OR
RELAXING
MUSIC

DRINK
WATER TO
PREVENT
FATIGUE



GET
THE RIGHT
AMOUNT OF
SLEEP



SOURCES:

UNKNOWN. FOUR REASONS YOU GET TIRED AT 2PM. RETRIEVED APRIL 13, 2018. FROM [HTTPS://SLEEP.ORG/ARTICLES/REASONS-FOR-AFTERNOON-SLUMP/](https://sleep.org/articles/reasons-for-afternoon-slump/)

WOLFE L. (2018, MARCH 28). THE SIGNS, SYMPTOMS AND CURES OF AN AFTERNOON SLUMP. RETRIEVED APRIL 13, 2018. FROM [HTTPS://WWW.THEBALANCE.COM/CAUSES-OF-AFTERNOON-SLUMP-3514765](https://www.thebalance.com/causes-of-afternoon-slump-3514765)

SCHWECHERL L. (2018, NOVEMBER 7). 22 WAYS TO BEAT THE AFTERNOON SLUMP. RETRIEVED APRIL 13, 2018. FROM [HTTPS://GREATIST.COM/HAPPINESS/BOOST-ENERGY-MIDDAY](https://greatist.com/happiness/boost-energy-midday)