



Boost Energy: 2 Proven Ways to Combat Workplace Fatigue!

Description

Many professionals often struggle with the feeling that there simply aren't enough hours in the working day, leading to fatigue. However, a recent study conducted by researchers at Wake Forest University, Virginia Commonwealth University (VCU), and Northeastern University in the US has revealed two effective strategies for combatting this issue: taking regular microbreaks and seeking support from a supervisor.

The researchers found that incorporating these two measures not only reduced end-of-day fatigue but also improved subsequent sleep quality and next-day energy levels. Interestingly, the combination of microbreaks and supervisor support proved to be the most powerful in combating tiredness.

The study involved surveying 44 accountants about their work habits and conducting a controlled experiment on fatigue and microbreaks with 179 participants. Both microbreaks and supervisor support were shown to significantly alleviate fatigue, particularly during high-stress periods such as busy seasons.

In addition to reducing fatigue, microbreaks were also found to enhance accuracy during audits, which typically suffer under pressure. The researchers emphasized the importance of firms implementing strategies to enhance employee well-being and audit quality, ultimately creating a more sustainable and productive work environment.

Effective microbreaks can be as brief as a minute and could involve activities like reading a short article, grabbing a coffee, or doing some quick stretches. Supervisor support may entail checking in with employees, offering assistance, and expressing appreciation for their efforts.

While many workers may have limited control over their managers' actions, they can take charge of their fatigue levels by incorporating brief moments of downtime into their workload. By following these strategies, professionals can better manage their well-being and productivity in demanding work environments.

The findings of this research have been detailed in the publication *Contemporary Accounting Research*.



Vocabulary List:

1. **Fatigue** /fə'ti:g/ (noun): Extreme tiredness resulting from mental or physical exertion.
2. **Microbreaks** /'maɪ.krʊs.breɪks/ (noun): Short breaks taken at intervals to reduce fatigue and increase focus.
3. **Subsequent** /'sʌb.sɪ.kwənt/ (adjective): Occurring or coming later or after something else.
4. **Alleviate** /ə'li:.vi.eɪt/ (verb): To make suffering deficiency or a problem less severe.
5. **Emphasize** /'em.fə.saɪz/ (verb): To give special importance or prominence to something in speaking or writing.
6. **Sustainable** /sə'steɪ.nə.bəl/ (adjective): Able to be maintained at a certain rate or level particularly regarding environmental impact.

Comprehension Questions

Multiple Choice

1. What were the two effective strategies for combating fatigue according to the study?
Option: Regular exercise and caffeine intake
Option: Microbreaks and supervisor support
Option: Sleeping longer hours and avoiding stressful tasks
Option: Skipping meals and working longer hours
2. How many accountants were surveyed about their work habits in the study?
Option: 78
Option: 44
Option: 100
Option: 179
3. What was the primary outcome of incorporating microbreaks and supervisor support as per the study?
Option: Decreased productivity
Option: Improved sleep quality
Option: Decreased energy levels
Option: Increase in stress levels
4. What type of activities can effective microbreaks involve?
Option: Running a marathon
Option: Watching a movie



- Option: Reading a short article
- Option: Playing video games

5. How many participants were involved in the controlled experiment on fatigue and microbreaks?

- Option: 100
- Option: 179
- Option: 50
- Option: 200

6. What did the researchers emphasize on in relation to employee well-being and audit quality?

- Option: Increasing working hours
- Option: Implementing strategies to enhance them
- Option: Limiting breaks
- Option: Ignoring feedback

True-False

- 7. Microbreaks did not have any impact on reducing fatigue according to the study.
- 8. Supervisor support was found to be more effective in combating tiredness than microbreaks alone.
- 9. The study involved 200 participants in total.
- 10. Effective microbreaks can involve activities like grabbing a coffee.
- 11. The research findings were published in the Journal of Medicine.
- 12. Microbreaks were only effective during low-stress periods according to the study.

Gap-Fill

13. The researchers conducted a controlled experiment on fatigue and microbreaks with

_____ participants.

14. Microbreaks were found to enhance accuracy during _____.

15. Effective microbreaks can be as brief as _____ and involve activities like reading a



short article.

16. Supervisor support may entail checking in with employees, offering assistance, and expressing appreciation for their _____ .

17. By following these strategies, professionals can better manage their well-being and productivity in demanding _____ .

18. The findings of this research were published in the publication _____ .

Answer

Multiple Choice: 1. Microbreaks and supervisor support 2. 44 3. Improved sleep quality 4. Reading a short article 5. 179 6. Implementing strategies to enhance them

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. 179 14. audits 15. a minute 16. efforts 17. work environments 18. Contemporary Accounting Research

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term describes a state of conflict or disorder?

- Option: Turbulent
- Option: Forecasting
- Option: Innovations
- Option: Sequestering

2. What type of vehicle is designed for travel or operation in outer space?

- Option: Coronal
- Option: Spacecraft
- Option: Phenomenon
- Option: Dehydration

3. Which term describes something related to volcanic activity?

- Option: Vulnerable
- Option: Radiant



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- Option: Volcanically
Option: Fatigue
4. What term is used to describe actions that make something less severe harmful or painful?
Option: Microbreaks
Option: Emitting
Option: Mitigating
Option: Sustainable
5. Which term means containing a high amount of water or fluid?
Option: Emitting
Option: Electrolyte
Option: Hydrated
Option: Concoction
6. What is the term for the process of forcing something out typically in a violent manner?
Option: Dynamics
Option: Ejections
Option: Sequestering
Option: Alleviate
7. Which term refers to a location on the Earth's surface that is prone to volcanic activity?
Option: Subsequent
Option: Alleviate
Option: Fatigue
Option: Hotspot
8. What term is used to describe something emitting or reflecting light?
Option: Forecasting
Option: Radiant
Option: Vulnerable
Option: Comprehensive
9. Which term refers to the harmful reduction of the body's water content?
Option: Volcanically
Option: Dehydration
Option: Imperative
Option: Emerging
10. What is the term for isolating or hiding away something?
Option: Emissions
Option: Sequestering
Option: Dynamics



Option: Emphasize

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ storms can affect power grids and satellite communications.
12. Continuous research leads to technological _____ that improve our daily lives.
13. A _____ study of the impact of climate change is necessary for effective policy-making.
14. Prolonged physical or mental exertion can lead to extreme _____.
15. Taking short _____ during work hours can boost productivity.
16. The earthquake was followed by several _____ aftershocks.
17. Applying a cold compress can help _____ the pain and swelling.
18. It is important to _____ the significance of sustainable practices.
19. Finding _____ solutions is crucial for environmental conservation.
20. Proper hydration is _____ for overall health and wellbeing.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Solar flares and prominences are associated with the layer of the Sun's atmosphere.
22. Meteorologists use various tools and models for weather .
23. Endangered species are more to habitat destruction and climate change.
24. The study of the of ocean currents helps in understanding climate patterns.
25. Greenhouse gases trap heat by infrared radiation.
26. Auroras are natural light visible in the polar regions.



27. Mount St. Helens is an example of a active region in the United States.

28. Stars appear in the night sky due to their light emission.

29. The chef created a unique culinary that combined unexpected ingredients.

30. Sports drinks help in levels in the body after intense physical activity.

Answer

Multiple Choice: 1. Turbulent 2. Spacecraft 3. Volcanically 4. Mitigating 5. Hydrated 6. Ejections 7. Hotspot
8. Radiant 9. Dehydration 10. Sequestering

Gap-Fill: 11. Geomagnetic 12. Innovations 13. Comprehensive 14. Fatigue 15. Microbreaks 16. Subsequent
17. Alleviate 18. Emphasize 19. Sustainable 20. Imperative

Matching sentence: 1. Coronal 2. Forecasting 3. Vulnerable 4. Dynamics 5. Emitting 6. Phenomenon
7. Volcanically 8. Radiant 9. Concoction 10. Electrolyte

CATEGORY

1. Health - LEVEL5

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