

Day 16: Don't Eat Lunch at Your Desk

Fun (and gross) fact: Did you know that the average desk and keyboard have more germs and bacteria than a toilet seat? And yet, so many of us consume our lunch hovered over our desks. Many of us have fallen into this (literally) nasty habit because we have limited time during the day and we're trying to maximize every minute we're at work. But, the reality is, by failing to take a lunch *break* we eliminate the opportunity for spaciousness and for our minds to reset and recharge.



Today's Challenge

Eat your lunch somewhere besides your desk! This gives you a chance to practice spaciousness, get-up, stretch and change your surroundings for a short while.

Deepen Your Practice

Sharing a meal with other people is a time-honored way of connecting to our own and each other's humanity. And, even if you must talk about work instead of the last great book you read, the unstructured nature of lunch can open up space for creativity. Notice what becomes possible when you eat lunch with someone else today.