

Summertime Slump: Don't Pay the Cost of Working Tired

Nearly three-quarters (74 percent) of U.S. workers polled in a recent [Accountemps survey](#) said they feel the cost of working tired. Are warmer summer days calling as you enter payroll data? Are you staying up late to make the most of the season, but then coming to work exhausted? If you're in a summertime slump, you're not alone.

For payroll professionals who have to crunch numbers and maintain rigorous attention to detailed documentation at all times, it's imperative to incorporate activities in our workweek that offset the sedentary nature of the job — *year-round*. Here are four tips:

1. Work in time to move around

Whether it's on-site yoga, jumping jacks in the break room, or a brisk walk across campus, movement is the best way to fight fatigue. When you're starting to slump, five to 10 minutes of exercise will wake up your brain — and buffer you from the cost of [working tired](#).

2. Don't resist the outdoors

When you're distracted by a picture-perfect day, give in. Move the staff meeting to a park bench or a shady spot under a tree. See if you can find a work errand that takes you outdoors. At noon, take an al fresco [lunch break with a non-finance person](#). Getting some fresh air could energize you, boosting productivity during the rest of the work day.

3. Fuel your body with healthier food choices

If you're stuck at your desk, you can get a summertime lift by choosing meals that are in tune with the season. Pack a pasta salad filled with fresh tomatoes, grilled zucchini, basil and mint. After an afternoon of processing payroll, reward yourself with a carton of fresh cherries, blueberries or peaches.

4. Give yourself a buffer after a getaway

Need a [vacation](#) after your vacation? Summer is a time to enjoy the outdoors and gatherings with friends and family, but be wise about your schedule so you're not exhausted at work. If you're returning from your vacation on a Sunday, consider requesting off Monday in advance so you have a day to get organized at home and recover from your holiday before coming back to the office.

The cost of working tired has no upside. But with a few small adjustments to your routine, you can fully enjoy life without feeling exhausted at work.

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