WELLNESS CORNER

Your Brain Needs White Space



We live in a world overflowing with information. Constant emails, notifications, meetings, and digital demands endlessly compete for our attention. While we rush to keep up with the pace of technology, do we stop to ask: Are we giving ourselves enough space to think?

Information overload, frequent interruptions, and continuous task-switching gradually drain our mental energy. Each time we switch tasks, part of our attention remains on the previous activity, making it harder to concentrate fully on what comes next. Over time, this mental overload can increase stress, reduce efficiency, and affect the quality of our work. [1] We may find ourselves busier, but yet struggling to think clearly or creatively.

CREATING SPACE TO THINK

Mental downtime isn't a waste of time. Letting our minds wander while taking breaks with easy tasks helps us replenish our scarce cognitive resources and creates opportunities for clearer thinking. [1] Albert Einstein put it this way: "I take time to go for long walks on the beach so that I can listen to what is going on inside my head. If my work isn't going well, I lie down in the middle of a workday and gaze at the ceiling while I listen and visualize what goes on in my imagination." [2]

Small Pauses, Meaningful Benefits



Copyright 2026 Human Dynamic. All Rights Reserved.

Here are some small, practical habits you can start with:



Protect Focus Time

Set aside notification-free periods for tasks requiring deeper thinking.



Take Micro-Recovery Walks

Step away from your screen for a short, phone-free walk to refresh your perspective. [3]



Create Breathing Space

Leave a 5-minute buffer between back-to-back commitments to mentally reset before your next task.

LEADERSHIP'S ROLE

Leaders also play an important role in creating a culture where rest is valued. Encouraging realistic workloads, protecting uninterrupted focus time, and respecting digital boundaries help teams work sustainably.



References

1. Mark, G. (2023). *Attention Span: A Groundbreaking Way to Restore Balance, Happiness and Productivity.* Hanover Square Press.
2. Housel, M. (2020, May 27). Lazy work, good work. Collaborative Fund. https://collabfund.com/blog/lazy-work-good-work/
3. Stanford University. (2014, April 24). Stanford study finds walking improves creativity. Stanford News. https://news.stanford.edu/stories/2014/04/walking-vs-sitting-042414

By Ho Sheau Huey

Consultant, Solution Innovation & Excellence, Human Dynamic Group



Copyright 2026 Human Dynamic. All Rights Reserved.