



Recess Newsletter December 2010

Ho! Ho....Heyyyy! Shiny objects!

In This Newsletter

Recession Beef

Recess & Nietzsche

Get Off The Crackberry

Daily Dose of ADD



Join Our Evil Army



Commands sent monthly via email newsletter.

Quick Links

Wellness 101

Corporate Programs
Corporate Case Studies
Corporate Pricing

News & Events
News Archive

In The News

Recess' Blog: You'll Laugh.
You'll Cry. You'll Lose Weight
Just Reading It

A Recess Recession Special

The International Gourmet Uses of Ground Beef

Portland is our home town. It's a vibrant city full of interesting people and the subject of a satirical new show written by comedy savant Fred Armisen, of SNL, and ex-rockstar Carrie Brownstein, of Sleater-Kinney.



Our own Oregonian reports: "characters include the owners of a feminist book store, a militant bike messenger and a punk-rock couple."

Though these characters are clearly a *much exaggerated* ***ahem-cough-ahem*** rendering of the good citizens of Stumptown, Portland does actually boast several quirky local people and businesses.

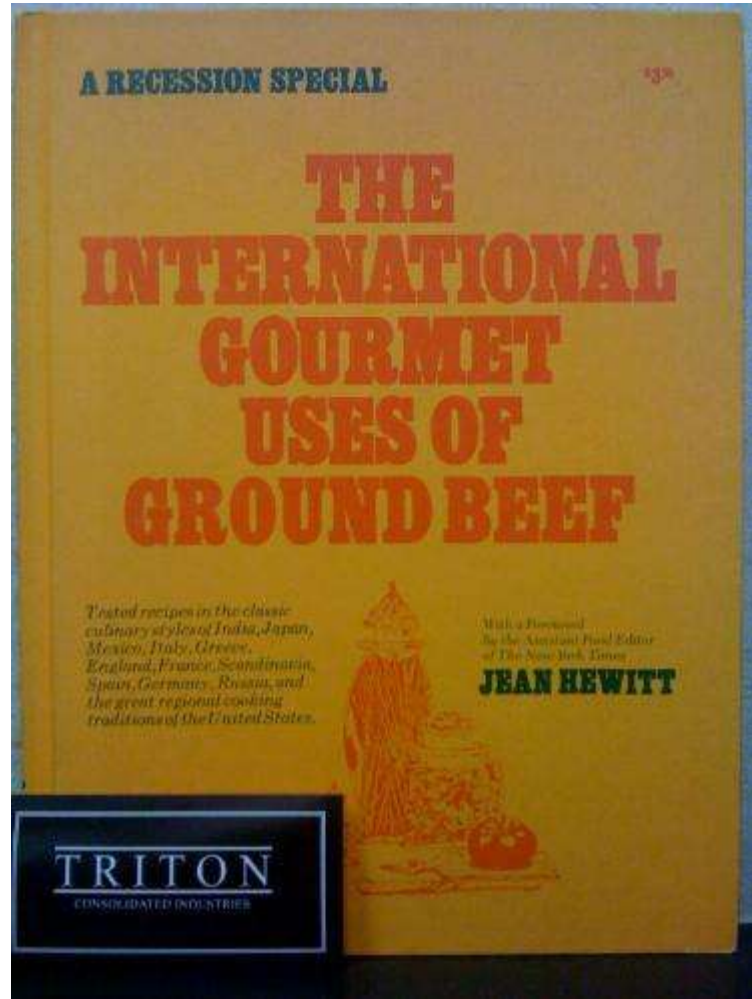
One that we love is [Attic Journals](#). And one Attic Journal that we love is:

LiveWire on OPB (.mp3)

No Place Like Work. Recess Client Rose City Mortgage in Oregon Business.

Fun Wellness: Recess Client Bullivant Houser Bailey in Oregon Business Magazine

Portland Business Journal: Smoking Cessation



Want to make this journal yours? Use the "forward to" link on the bottom of this email to forward this email to a friend or coworker before 1/24/2011.

You will be entered to win this hilarious journal that not only is a notebook but also still contains a few choice recipes such as: "Luncheon Cheese Dreams."

Scroll to the bottom of this email and click:

"This is hilarious. I must forward"

Happy journaling!

Is The Term "Wellness" Meaningless?

Recess gets all existential in time for the New Year.

A recent search on the the term "wellness" yielded:

- › a therapy site that helps one "Unlock Your Clarity" (but I had my clarity locked up for a reason),
- › a gaggle of holistic, alternative care, and acupuncture sites,
- › articles on chair massage,
- › and, in pole position, a Web site selling pet food.

Clearly "wellness" is a vague term. So when a Recess-ian talks about wellness what is she really saying? In the next few newsletters we will attempt to go into a bit more detail.

For the time being would you settle for a meaningless infographic while we cry over the indignity of it all? Thanks.

Infographic: Awesomesauce Wellness



Click image to see the full infographic.

Listen. You CAN'T multitask.

Seriously. It is not possible. So stop trying.

Hey you. Yeah you! We see you there: one eye on this blog, the other on that Hipstamatic pic that you took of your girlfriend, all while the conference call you are "attending" drones on over your office speaker phone.



Is this
you?

I know. I know. It *feels* so productive. Crossing things off the list. Doin' stuff. Kicking some Q4 hiney. Am I wrong? Not to burst your bubble, but [scientists think so](#).

In an article titled "You Can't Multitask, So Stop Trying" (queue Debbie Downer sound effect) Paul Atchley delivers a blow to anyone who felt like their heroic multitasking was a boon to productivity.

Specifically, he says:

"Based on over a half-century of cognitive science and more recent studies on multitasking, we know that multitaskers do less and miss information. It takes time (an average of 15 minutes) to re-orient to a primary task after a distraction such as an email. Efficiency can drop by as much as 40%. Long-term memory suffers and creativity - a skill associated with keeping in mind multiple, less common, associations - is reduced."

Ouch.

For those of you looking to wrap up your work year in a nice little bow? Give this a try. Blogger Carolyn Caldwell suggests [time layering](#) rather than multitasking. Experts say minimizing interruptions such as email, texts and social media notifications will help you to accomplish your real work more quickly.

Now this cat has the right idea! Ahhhright!

So that's great for you, but what about all of these other poor, deluded souls in your abutting cubicles? That's right kids! It's process flow time. I wish I were joking. At Recess we have a process for everything. We do a pretty good job following most of those processes, but what we noticed was that email interruptions and social media were slowing things down.

For what it's worth, here was our solution:

[Download a .pdf of our amazing Recess Email Process Flow](#)

It works well for us.

Is multitasking and interruption an issue your company? How do you address it? Particularly engineering, creative firms and other places where long chunks of creative time are needed - do you find that you need to create a protected space for your thinkers and inventors to work without interruption?

Let us interrupt you. Comment on our blog. >>

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This is hilarious. I must forward: