

5 Ways to Liven Up Your Lunchbreak (Excerpt from [original article](#))

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Love lunchtime again with these five great mood lifters.

Take a mini vacation

Escape to your dream holiday destination by browsing travel sites online. While it's not as fun as the real thing, research suggests that daydreaming has wonderful powers to relieve stress. "By focussing on a much desired destination, the pleasant and calming effect will slow your brain waves, and stress levels will decline," says psychologist Dr Carla Rogers of Here and Now Health.

As well as visualising your ideal getaway, your lunch break is a great time to research and plan your holiday. The world really is your oyster when it comes to the World Wide Web and you can compare prices, check out a travel blog or visit great websites like www.earthcam.com which shows live streams from places like the Eiffel Tower and Niagara Falls.

