



Human Resources & Education

One-in-five bosses are judging their employees for taking lunch breaks: study

By Emma Crawford Hampel | July 17, 2018, 10:25am



Taking a lunch break can make a worker feel more refreshed and could lead to increased productivity, according to an HR expert | Shutterstock

It's possible you aren't just being paranoid – your boss may actually be judging you for taking lunch breaks.

The good news is that most bosses probably aren't.

According to a recent [study conducted by Tork](#), 22% of bosses reported seeing employees who take regular lunch breaks as less hardworking than those who forego their midday breaks. Meanwhile, only 20% of employees seem to be aware of this, but

13% of workers surveyed report feeling anxious that their coworkers are judging them. Thirty eight per cent of employees said they don't feel encouraged to take a lunch break.

The study also found 34% of bosses said they take into account how often a worker takes lunch breaks when conducting performance reviews.

While many bosses who see employees' lunch breaks as detrimental to productivity, lunch breaks actually improve performance and should be encouraged, according to human resources expert Rob Wilson, president of Employco USA.

"Almost 90% of employees say that a lunch break makes them feel refreshed and ready to return to work with a clear mind," he said.

"Other research has borne out the fact that taking breaks is good for an employee's mood, precision and creative abilities."

Employers and managers need to change the way they think of their workers taking breaks during the day.

"Don't think of it as losing money, but rather a way to improve your bottom line and retain your staff," he said.

"A happy, rested employee is an employee who is going to give 100% and be a credit to your company."

ecrawford@biv.com

@EmmaHampelBIV