If each day rolls along well until about two in the afternoon when pep and energy come to a halt, then the “blahs” are ruining the rest of the working day.

Unless resisted, the destruction of one’s efficiency during the remainder of the day is certain. Eventually they can lead to working with unpleasant hours during any contractor’s business life.

Here are suggestions for banishing these “2 O’clock Blahs.”

Make sure that personal health has nothing to do with it. There are any number of minor physical maladjustments that can bring about this condition. Where there is the slightest possibility that this could be true the time has arrived for a check-up.

Slow up that morning drive. It could be sapping working strength dry. Then overall accomplishments for the day are actually less than proper pacing would have produced.

Most business people are well rested upon starting each day so have a tendency to begin with a burst of energy. The challenge of accumulated tasks provide the impetus to get rid of them with the greatest possible speed.

As a result, so much energy is burned up during the first part of the day that there is not enough left to handle the afternoon work, and lethargy—which is another name for the “blahs”—sets in.

Try to schedule interesting things to do during the afternoon. The work steps that are a pleasure to handle can provide a challenge to make the afternoon’s work of top interest.

It pays to have a challenge during the latter part of the day; when it is really needed most from a mental standpoint.

How about working conditions during all of the day, and particularly during the last half when weather and sunlight may be different than during morning hours?

Overheating, excess of air conditioning, abundance of natural sunlight falling upon working areas, etc., can be creating a mental and physical roadblock which is bringing about those “blahs” without one realizing what is happening.

Have job worries been taken home nights and week-ends? This habit can bring about such a condition. In many cases the individual is actually doing this without realizing what is happening.

Become involved in things of sufficient interest and pleasure that they will automatically make working problems disappear when the day has been completed.

Carrying such things home has a wear-and-tear effect and often results in less mental and physical relaxation than should be present.

Has creeping detail set in on working procedures? Sometimes it pays to take a good hard look for this and to minimize or dispose of it so that this drain on energy is no longer present.

Detail work can build up to a point where it affects one physically. No
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person loves detail work and the thought of facing it during the last half of the working day is enough to create those “blahs.”

How long has it been since a personal eye examination? New glasses may be the prescription to banish those “blahs.” Even a small amount of eye strain can produce fatigue.

Eye strains can go unnoticed. They can exist without the individual recognizing that they are causes of afternoon fatigue.

Is that big lunch a daily routine? That is another good way to sidetrack efficiency and bring about physical sluggishness.

Make a test for one short week. The difference should be readily noticeable if the cause of the “blahs” has been hefty luncheons.

Check closely on what has been done each day directly after lunch. If it is the same routine each day, then that condition could be causing the problem. Shift what is being done to another part of the day and vary the time of the task constantly. This will counteract the mental roadblock created by monotony and provide a spark of interest to get the afternoon off smoothly.

How long has it been since a coffee break was taken during mid-morning and a full-time lunch hour? Both have refreshing values.

Those are necessary for relaxation from the working problems and routines.

Maybe work routines need overhauling. Months and months with the same way of doing something can create an undesirable condition. Look for a new way to do each routine.

Is there an unpleasant task present for late in the day? Dread of it could easily be bringing on those “blahs.” Set the step up for the first thing in the morning and see if that doesn’t make a big difference.

Any one of several of the foregoing can provide the remedy needed to handle this “2 O’clock Blah” problem. Checking against each can even remove the condition entirely.