How do you give yourself a boost of energy when you hit a midday slump? [1]

- Eat a snack. 20% (72 votes)
- Get up and take a walk. 13% (46 votes)
- Drink some water. 17% (62 votes)
- Grab another coffee. 16% (60 votes)
- Take a quick power nap. 20% (72 votes)
- I do something else. 20% (72 votes)
- I don't usually hit a midday slump. 10% (35 votes)

Total votes: 365
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Source URL: https://goaskalice.columbia.edu/polls/how-do-you-give-yourself-boost-energy-when-you-hit-miday-slump

Links