

Neuroscience + You + Workplace

Webinar with Dr. Tracy Brower | July 29, 2020

Hosted by OfficeScapes + Steelcase

Questions & Answers

Q Is there any research about food, crunch and sweet to help the brain engage?

A I'm not sure about its relationship to engagement, but there is definitely research about taste in the book called [Sensation by Lobel](#).

Q Hello! I am wondering what your take is on polyphasic sleep?

A Despite high profile polyphasic sleepers, evidence seems to indicate longer periods of sleep which include all the cycles are more effective. Reference [Why We Sleep by Walker](#).

Q What solutions do you see for public transportation, meeting set ups for distancing and work behavioral protocols for Return to Work success?

A The commute to work will be a challenge as will the commute at work (elevators, escalators). We're seeing some promising hypotheses and solutions relating to air flow, UV decontaminants and the like. It will be critical to give people high degrees of choice in terms of if they come back, when they come back and how they come back based on unique needs or health concerns for themselves and others. We will also need to hold employers to high standards in terms of cleaning, safety and security. This will include accountability for actual cleanliness as well as attention to perceptions of cleanliness.

Q Why is the outer circle the thing people are missing the most?

A It's typically because we're still in touch with the inner circles of our networks—if not in person than virtually. The outer circles are the people with whom it's very natural to connect at work but with whom it might be less natural to connect on a planned basis. In addition, the outer circles (weak ties) are typically the people from whom we learn things we didn't already know and uncover opportunities about which we weren't aware. It's weak ties who can be the source of learning and stretch.

Q Can you share a book list?

A - [Joyful by Ingrid Fetell Lee](#)
- [The Village Effect by Susan Pinker](#)
- [Bring Work to Life by Bringing Life to Work](#)
- [Goodreads \(Tracy108\)](#)
- [How to Thrive During the Pandemic: 10 Strategies for Resilience based on Brain Science](#), Forbes

Q Any personal anecdotes about things you've done that have helped you cope with your work productivity during this pandemic?

A I find that more fulfillment outside of work helps my work productivity. Weekend writing is my personal therapy. I also love to walk and find it clears my head and keeps me grounded—even if it's just a walk around the block (and even if I'm not in the mood for a walk), it's helpful. I also try and manage my 'intake' of COVID news. I watch for about a half hour in the morning and a half hour at night and that's all. This boundary has been helpful.

