

WORK IT

The average person will spend 10.3 years of their life at work – so we better make the most of it. Our experts in mind, body and style are here to help, in association with Starbucks® Chilled Classics

How many of us ruin whole Sundays, dreading that big pile of Monday morning emails? Well, it's time to stop. We spend a huge proportion of our lives working, and while there's not much we can do about that (come on, lottery), there are things we can do to give ourselves a little lift at work and start enjoying those eight-hour periods a little more. *Stylist* has enlisted the help of a panel of experts, who – along with Starbucks Chilled Classics – are on a mission to get us making the most of life at work. Over to our team of experts for advice...

JO USMAR
Wellbeing expert
The face behind the video project *Bite Sized Psych* ([instagram.com/bitesizedpsych](https://www.instagram.com/bitesizedpsych)), Jo also co-authored the *This Book Will Make You... series*
"Work is stressful. Yes, even if your job is to cuddle puppies, you're going to experience stress sometimes (for example, when they mistake your lap for the litter tray). But don't worry, there are lots of things you can do to limit how anxious you feel, whatever you're facing. First up, either tidy your desk or embrace the mess. You know yourself well enough to admit which way you have to go. Some people can work very effectively among a pile of papers (one study even proved clutter can make you more creative), but many people can't. Tidy up, you'll instantly feel more in control."

Next up, if your job involves constantly looking at a computer screen, introduce short breaks at regular intervals. These are far more effective than long breaks at longer intervals. Our attention spans are getting shorter – a result of our reliance on technology – so pay attention to when you feel yourself lagging and then physically leave your desk for a couple of minutes to grab a refreshing drink or have a walk around. As well as this give yourself a break from the entire building at least once a day. The feeling of 'cabin fever' can aggravate both our bodies and minds. Take a deep breath, stretch your limbs and shake the tension from your body. Don't look at your phone. Give yourself a total tech break for a few minutes.

If you want to create a more harmonious working atmosphere then never tell anyone 'you are wrong' flat-out. It immediately gets their backs up. Our natural inclination is to defend ourselves in the face of potential ridicule even if we are wrong. Instead say, 'Oh, I thought it was something else, I may be wrong though. Shall we check?' Using more conciliatory language doesn't make you less assertive, it makes you more persuasive and less threatening to whoever you believe made the mistake. And always own up to your mistakes. You'll look more trustworthy and, yes, competent than someone who either tries to ignore what happened or tries to shift the blame. Everyone makes mistakes – it's how we learn and develop and people respect those who take responsibility for their actions."

EMILY SEARES
Style expert
Emily is editor at [fashionbite.co.uk](https://www.fashionbite.co.uk) and co-founder of creative digital agency [we-elevate.co.uk](https://www.we-elevate.co.uk)

"Feeling comfortable with what you're wearing at work is the key to feeling more confident and energised every day. Looking groomed and presentable gives you added confidence for work, which can improve your overall performance. Do what makes you feel good – groomed brows, a good skincare regime and a polished look all help me feel confident. Wear light, looser fitting breathable fabrics during the summer months to prevent you from getting too hot at your desk. Keep a cool drink to hand and keep an essentials kit in your desk drawer to freshen up at work too, such as perfume, a toothbrush and a quick fix facial mist. They're all great refreshers to keep you feeling good. Opt for colours that have a positive effect on your mood too, such as sunshine yellow and grass green. Bold, primary hues help lift your mood, and since the catwalks are awash with a rainbow of colours you can take your pick for what best suits you."

If embellishment is more your thing, ruffles are a beautiful way to add detail to a top or skirt. A popular trend this season, they add simple, feminine detail without being too fussy. Denim is one of the biggest trends this summer too, and a smarter wash denim shirt dress or longer length skirt are great if your work dress code is fairly relaxed. The shirt dress has come into its own for summer and



Shirt by Phillip Lim, £250 at [selfridges.com](https://www.selfridges.com); skirt by LF Markey, £126 at [urbanoutfitters.com](https://www.urbanoutfitters.com); shoes, £136 at [whistles.com](https://www.whistles.com); bibliotheque candle, £50.00 and perfume, £90 for 100ml at [byredo.com](https://www.byredo.com); candle by Lola James Harper The Woody Office of Daddy, £34 at [selfridges.com](https://www.selfridges.com); Immediate Moisture Facial Hydrosol, £17 at [aesop.com](https://www.aesop.com); lipstick by Suqqu, £27, hydrablur primer by Dermalogica, £38 and perfume by Maison Martin Margiela Replica EDT, £85 at [selfridges.com](https://www.selfridges.com); shoulder bag by Marni, £1,210 and jacket by Courrèges, £845 at [liberty.com](https://www.liberty.com); table lamp, £45 at [made.com](https://www.made.com); wooden ruler cube by Hay, £5, journal, £15, and set of 12 writing pencils, £12 by Rifle Paper at [selfridges.com](https://www.selfridges.com); desk clock, £24, wooden vessel, £15, glass water bottle and cup, £16, Pad, £11.50, and pen, £12 at [kikki-k.com](https://www.kikki-k.com)

this is a great wardrobe staple you can throw on if you're in a rush. From understated and utilitarian, to bright prints and retro, it will give your style an instant uplift. Team with anything from sandals and flats to ankle boots, then just add accessories such as bangles or necklace to complete your look."

SHARA TOCHIA
Body expert
A fitness trainer at 1 Rebel, Shara is also the co-founder of health app DOSE ([doseapp.co.uk](https://www.doseapp.co.uk))

"I can't overstate the importance of exercise for improving your working life. It's simply the best way to feel energised and recharged and also helps you

sleep better at night. You'll be more productive at your desk and less stressed all round. Just 20-30 minutes of sweating can be all it takes to set a positive tone for your day. If you don't have the time (or inclination!) to do it in the morning, you can always exercise at lunch – it can be a great release. Grab an office buddy, set a goal and find a good few routes for a daily jog. Or you could do a 30-minute class nearby – many gyms now do power yoga, barre express classes or ride and reshape workouts. You could be the office person that organises a weekly class in a meeting room. Classpass has thousands of lunch time options, including 20 minute workout sessions and hour-long pilates (if you can handle it!). Be

organised and block out your diary so no one can request a meeting with you at that time. Suss out the work shower situation and always have some of those cute mini toiletries so you can be prepared if you fancy a last minute sesh.

There are plenty of easy wins to be had to keep your step count up. Walk to people's desks rather than email, book a meeting room on another floor, take the stairs – and use a kitchen further away and be the person that offers to get everyone a drink!"

For more information and to find out how you can win prizes visit [stylist.co.uk/starbucks](https://www.stylist.co.uk/starbucks)

STARBUCKS® CHILLED CLASSICS

Work well, with coffee

Nothing lifts your day better than a delicious Caffè Americano from Starbucks Chilled Classics

For an instant lift at your desk, pick up a Starbucks Chilled Classic. The convenient and delicious range has launched its latest addition: Starbucks Caffè Americano with milk. A moreish twist on a classic, the Caffè Americano is a cool and uplifting blend of milk with Starbucks 100% certified Arabica coffee and can be enjoyed anywhere, anytime. Try the whole range of Starbucks Chilled Classics, which also includes the Caffè Latte, Caramel Macchiato and Cappuccino. They're available in the chilled section of your local supermarket, convenience or high street stores.

