



Work Hard and Play Hard

At Totaland, we work hard to provide the latest software technology for land acquisition. Our dedication to users goes beyond an 8 to 5 workday. Whether during, before or after normal work hours, we are there for our clients with all software features to make their lives easier and get the job done quicker.

Although we work hard, the Totaland team recognizes that it is also important to play hard and get time off to recharge batteries in order to maintain creativity, health, energy, and to be the leader in land acquisition software.

This summer and throughout the year, Totaland encourages everyone to work hard then take time out for your friends and family to create memories and rejuvenate your mind and body to avoid the burn-out blues. When the Totaland team was asked about their “play breaks,” some responded that they like bike riding; others listed coaching soccer, horseback riding, swimming laps, hiking, camping, and cooking. Recently, one Totaland team member recommended taking your kids to the “Finding Dory” movie or go even if you don’t have kids.

Without breaks on the weekend or even small breaks throughout the day, it is easy for the brain to get bored and unfocused.

University of Illinois psychology professor Alejandro Lleras explains: “Deactivating and reactivating your goals allows you to stay focused,” he said. “From a practical standpoint, our research suggests that, when faced with long tasks, it is best to impose brief breaks on yourself. Brief mental breaks will actually help you stay focused on your task!”

If breaks are avoided, the brain is unable to retain information. It’s interesting to note that most “genius” ideas such as an invention, business trend, or solution to a problem happen in the middle of the night, in the shower, while driving, exercising, or walking.

Engineering Professor Barbara Oakley explained, “Relaxation associated with daydream mode can allow the brain to hook up and return valuable insights. When you’re focusing, you’re actually blocking your access to the diffuse mode. And the diffuse mode, it turns out, is what you often need to be able to solve a very difficult, new problem.”



Co-founder of Apple, Steve Jobs, regularly took long walks to solve problems and dream up new technology. “A 2014 study from Stanford University in the US has shown that people are much more creative when they are walking around as opposed to when they are sitting still. They found that when people were walking, either on the treadmill or outdoors, they were 60% more creative than when sitting around. In addition, 81% of the participants saw an increase in creativity when they were walking.”

Steve Jobs was not the first genius to walk his way to success. The famous composer Ludwig Van Beethoven was also an avid walker, taking short breaks to stretch his legs while working. Beethoven spent afternoons strolling around Vienna with a pencil and paper to

write down musical ideas such as “Für Elise”, Piano Sonatas, and many Symphonies. The influence of these woodland walks can be heard in his symphonies, particularly his 6th Symphony, known as his Pastoral Symphony for its country and woodland elements.

The list of famous walkers continues. Another historical walking enthusiast was the great writer, Charles Dickens, who wrote “A Christmas Carol”, “A Tale of Two Cities” and many more novels. Whether in London or at his country house in Kent he always took long walks. Dickens would walk up to 30 miles a day, and even in the night.

These historical lessons of taking a break to walk continue today. Jack Dorsey, co-founder of Twitter and now heading up digital finance company Square, takes all new hires at Square for his “Gandhi walk” on their first Friday. The walk evolves through the streets of San Francisco to the Square offices while he guides new hires on the principles behind Square.

Don’t wait, take a break today. Continue to work hard and play hard too. You can mix up walking with other fun activities like jogging, biking, swimming, horseback riding, soccer, bowling, baseball, cooking or even watching a fun animated movie.