

Triggers

Work Break

Issue 5



How are we this backed up?
I told Carl he's got to
schedule more cashiers.



I know. My line is getting slammed.
And JB is backin' everything up because
he bags so slow.



Haha, you're
never going to
win this month's
cashier contest.



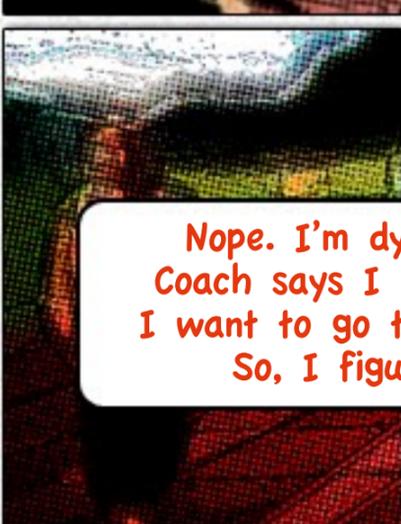
I know ... and I was
counting on that extra
money. Can I bum a
cigarette from you?
I need a break.



Nah, I'm trying
to cut back so
I threw my
last pack out.



What? Oh man.
You doin' it for
that chick?



Nope. I'm dying in off-season track.
Coach says I need to get it together if
I want to go to any of the tournaments.
So, I figured I'd quit for now.



Oh.
Gotcha.



Sorry
man.



No prob. I still
wanna go out-
side. Let's tell
Carl we're
going to pick
up some carts
in the parking
lot.

Okay.
But I'm just
managing this
operation—you're
pushing.

Let's review:

When you've been working hard, or you're trying to avoid working hard, it might feel like you need a "smoke break." Sometimes smoking feels like a way to reward yourself after a tough day or like the ultimate excuse to get that much-needed break from your boss. Next time you find yourself in this situation, just remember that you can still take a break and reward yourself; smoking isn't your only option. For example, next time you take a break, try walking, napping, or playing a game on your phone. Keeping your fingers and your mind busy is an absolute MUST!