



## Use your mind to scan and calm your body

### How to take this break

Take a break (in silence or with calming music) and start to focus on each area of the body - starting from the tips of your toes and working up to the crown of your head. Focus on achieving a sense of relaxation in each body part while scanning the body. Think about what you feel, what you hear and what you smell. This will help distract you from the pressures of the day by letting you get in touch with your senses.

### Why this counts - **Calming**

Sometimes we're not even aware of the stress we carry in our bodies. Once we learn to identify what we're feeling, we're better able to release the stress we might be experiencing both physically and mentally.

Go to [Workplace Strategies for Mental Health](#) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

*Ideas for this activity were contributed by*

Bailey Vaez, Founder of Proactive Movement - Simple at Work Wellness Program;  
Katie Cino, Health Promoter, Niagara Public Health.

Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.