

Take Your Break

Feet on the floor, close your eyes and listen

How to take this break

1. Move away from your desk.
2. Plant your feet firmly on the ground or, alternatively, place your hands gently on your legs and close your eyes.
3. Tune in exclusively to the feeling of how your feet or hands touch the surface, noting two or three other things you can feel.
4. Switch your focus to the most obvious sound in the room.
5. Note other things you can hear. Now open your eyes and appreciate how quickly and easily you were able to calm your mind and relax your body.

Why this counts - **Calming**

Moving away from your desk can help ease painful tension in the body. Focusing on your other senses, such as hearing and touch, can be calming and a great way to refocus during a stressful or busy day.

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

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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.