



## Call a friend

### How to take this break

Use your break time to reach out to someone you can count on to make you feel better by meeting for coffee, sending an email or making a phone call.

### Why this counts - Calming

Talking to someone whose opinion you value may help you to see your situation from a more objective perspective. This can also help reduce your feelings of stress.

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.