

Take Your Break

Energy shake

How to take this break

Stand up at your desk, or sit in your chair or in a place you're comfortable in, and shake all over!

Why this counts - Energizing

Shaking all over can have the effect of energizing your body, releasing painful tension in shoulders and arms, and providing a positive mental health break too.

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
Dr. Callum Peever, Erin Mills Optimal 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.