

Take Your Break

Dance at your desk

How to take this break

Download some favourite tunes, put on some headphones and move – or dance – around your workspace. You choose the moves but enjoy the energizing, freeing experience of getting away from your work and moving to music you love. Remember to put a *Do not disturb the dancing* sign on your door!

Why this counts - Energizing

Music, particularly music we love or that brings back fond memories, can inspire and energize us. Add in some exercise and you have a recipe for reducing 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

Catherine Droesbeck, Health Promotion Lead, Heart and Stroke Foundation Nova Scotia; Joan Burton, Co-chair, Ontario Healthy Workplace Coalition; Kathy Nolan, Health & Benefits Consultant, Kwantlen Polytechnic University; Sandra Kokorudz, Human Resources Advisor, Engagement & Wellness, Coastal Community Credit Union; Vivienne Welters, Executive Director Western Canada.

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.