



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.

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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.