

# Take Your Break

## Take the stairs

### How to take this break

Give yourself an energizing physical and mental break by walking up and down the stairs in your workplace or just using the stairs instead of elevators to get to and from meetings.

Alternatively, you could walk or wheel around your workspace. Each time you get up to fill your water, grab a document off the printer, or use the washroom, take the time to make the trip an extra time to add steps.

### Why this counts - **Energizing**

Stepping away from your desk and into an activity that gives you exercise and helps clear your head can have a positive mental effect.

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

Halifax Disability Management Services Office, The Great-West Life Assurance Company; Jennifer Workman, Health Promoter, Region of Peel; Morris Lowe, Public Health Nurse, Toronto Public Health; JoAnne Ramos, Senior Account Manager, Shepell.fgi; Carla Hanna, Health Promoter, Halton Region Health Dept.; Dianna Conley, Director, Human Resources, George Derby Centre; Mary Beth Doyle, EAP Coordinator, Public Service Commission, Gov NL; Charlene Mo, Workplace Health Consultant, Alberta Health Services.

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.