

Take Your Break

Stretch at your desk

How to take this break

Some of the activities you can do in your workspace include:

1. Adjusting your space so you can stretch and move as you work
2. Doing arm raises with a heavy stapler or paperweight
3. Sitting at your desk raising your legs

Some workplaces also provide walking desks so that you can walk while working. A walking desk is a piece of equipment that encompasses a treadmill, a computer on a desk, a phone, etc.

Why this counts - Energizing

Paying attention to our energy levels at work is important because it impacts our ability to stay focused, productive and positive.

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.