

Take Your Break

Play catch!

How to take this break

Keep a play box of simple sports activities in the office: Frisbees, foam balls, basketballs, soccer balls or even balloons. Take your breaks during the day to “play” for 10-15 minutes outside or if space allows inside during colder months.

Why this counts - **Energizing**

Finding time for playing together can energize a team and help to build camaraderie through healthy competition.

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

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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.