

Take Your Break

Exercise at your desk

How to take this break

Schedule time on your calendar every day to take a few minutes to stretch and relax with some calming and energizing activities. Invest in a set of headphones and follow the directions in each of these videos provided courtesy of the Alberta Centre for Active Living.

[Yoga @ your desk](#)
[Stretching at Your Desk](#)

Why this counts - **Energizing**

Paying attention to our energy levels at work is important because it can have an impact on 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.

Ideas for this activity were contributed by

Jennifer Gray, Physical Activity Specialist and Lisa Beaudoin, Workplace Health Promotion Specialist, City of Hamilton; Vancouver Disability Management Services Office, The Great-West Life Assurance Company.

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.