



Move to the music!

How to take this break

Download some favourite tunes, pick a regular meeting spot and time, and then get the gang together for 10 minutes or so to twist and shout together. Get different team members to lead in their favourite style. Maybe it's a Congo line or a Zumba break!

Why this counts - **Energizing**

Moving to music energizes our bodies and our minds. It can help us to see each other in another light with good-natured humor. It defuses stress and allows people to get on with their day.

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.