

# Take Your Break

## Healthy snack club

### How to take this break

Plan an afternoon snack break to re-energize and connect with co-workers. Resist the urge to munch on sweet or salty snacks by getting your co-workers to share the duty of providing healthy snacks each week. Create a signup sheet so that participants can share any allergies or sensitivities with the overall group. Then you can put together a weekly schedule.

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

Healthy snacking can help you to focus and concentrate better at work, and boost your energy and mood.

Go to [Workplace Strategies for Mental Health](http://WorkplaceStrategiesforMentalHealth.com) 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

Katie Cino, Health Promoter, Niagara Public Health.

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.