



Compliment a colleague day

How to take this break

Set a day in your calendar each week to think about the positive things your colleagues have done and send a compliment to them by email, voice mail or walk over to them to do this personally.

Why this counts - Energizing

Receiving recognition for the work we do or just how we've helped others can lift our spirits and reduce our stress levels. When we give compliments we also experience a boost to our own well-being, which can have a positive effect on our mental health.

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

Halifax 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.