



## 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.