



Go the distance

How to take this break

Make choices that take you away from your desk. This can mean sending your print job to a printer at the other side of the office, using the washroom farthest from your desk, planning a face-to-face meeting with a colleague on another floor, or keeping your water bottle half full in order to get up and fill it more frequently.

Why this counts - Energizing

Those extra steps you take can help contribute to better health by making you more active and giving you an energizing break throughout the 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.