

# Take Your Break

## Work some yoga into your day

### How to take this break

Co-workers can actually stay at their own desks and a meeting reminder could be sent daily to encourage staff to take this break time. [Link to Yoga @ your desk](#)

### Why this counts - Relaxing

Yoga breaks during the workday can help employees relieve stress and become refreshed and more focused for the rest of the workday.

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*

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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.