



Create a wall of gratitude

How to take this break

Put up a message board where people can add a note about what they are grateful for with respect to a direct report or co-worker.

Why this counts - Calming

People who take time every day to think about the things they are grateful for may be generally happier overall.

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

Liz Gilbert, Health & Wellness Coordinator, Government of Canada; Michelle Saunders, Workers' Safety and Compensation Commission; Juliette Fraser, Return to Work & Wellness Coordinator, District of West Vancouver.

TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak 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.