



## Start a game reaction

### How to take this break

Set aside some space at work for a game such as scrabble. Let everyone contribute by adding a word to the board. Keep this going until the board is full and start the game again. Other game suggestions are brain teasers, chess and crossword puzzles.

### Why this counts - Relaxing

Taking time away from your desk to relax and enjoy a game or creative activity is a great, productive way of releasing stress.

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*

Dr. Owen Garrett, Psychologist, Active Insights Health Care; Anne Winters, Manager, Interior Health; Ashley Nichols, Human Resources Advisor, Coastal Community Credit Union.

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.