



Get artsy and crafty

How to take this break

Set aside some space at work for arts and crafts. Start a craft or painting, and let everyone add on to it for a surprising result.

Why this counts - **Relaxing**

We can actually be energized by activities that make us think of something else beyond work and challenge our capacity for thought and creativity.

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.