



Stretch your break time

How to take this break

Schedule time in your workday for regular stretch breaks.

Why this counts - **Relaxing**

Regular stretch breaks can help to reduce tension and energize you for the rest of 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.

Ideas for this activity were contributed by

Sandy Richardson, Public Health Nurse, Middlesex London Health Unit; Katie Cino, Health Promoter, Niagara Public Health; Andrea Hamblin, Director - EAP Account Management, Morneau Shepell.

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.