



## 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.

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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.