



The world loves a smile

How to take this break

Get up from your desk and smile at your co-workers as you walk around your office.

Why this counts - **Relaxing**

Smiling feels good, can lift your mood and is sure to help lift the spirits of others as well. There is also some evidence that smiling can provide a number of health benefits including relieving stress, lowering blood pressure and even improving the immune system.

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

Kelly Seymour, Director of Human Resources, New Path Youth & Family Services;
Andrea Frustaci, GIS Analyst II, Teck Resources Limited.

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.