



## 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.