



Check in on yourself

How to take this break

[The Psychology Foundation](#) provides Staying on Top of Your Game™ , an Interactive Wheel to help you assess how you are doing. Answer the questions and see where you may have room for improvement.

Why this counts - Relaxing

Stopping to check in on how we are doing is important because it can make us more aware of areas we may need help or support with.

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
Judy Hills, The Psychology Foundation.*

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.