



Play dough

How to take this break

Make or buy play dough and place it in a break room or common area. Encourage team members to make their own creation or add to one for funny results.

Why this counts - Relaxing

Taking time away from your desk to relax and enjoy a game or creative activity is a great, productive way of releasing stress and having some much-needed workplace fun.

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

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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.