



## Tea party

### **How to take this break**

Gather your work group together for some social interaction over a cup of herbal tea or, if you're alone (or prefer to be), sip along to some relaxing music. Group members can bring different types of tea for the other members to sample.

### **Why this counts - Relaxing**

Tea can refresh you and provide a break that helps you feel relaxed, focused and alert.

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*

*Kate Lekas, Health Enhancement Coordinator, City of Vancouver.*

*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.*