



Break buddies

How to take this break

Some of us need a gentle (or not so gentle) push to get away from our desks for regular breaks. Work with a buddy or partner in your office to be accountable for each other's breaks throughout the week.

Why this counts - **Relaxing**

By incorporating relaxation into your life, you can drastically reduce the stress levels in the body and improve both your physical and mental health.

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
Great-West Life Centre for Mental Health in the Workplace.*

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.