



Write down something you are grateful for

How to take this break

Think about the reasons why you are grateful and jot them down in a journal every day. If you can't think of something to write, review previous journal entries. A journal can be an actual book or an online journal.

Why this counts - **Calming**

People who take time every day to think about the things they are grateful for may be generally happier overall. This is because writing this down helps people to recognize what is working in their lives and gives some time to reflect on this.

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
Tracy Clarke, Healthy Workplace Network, Halifax Area.*

TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak 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.