



Plant something

How to take this break

Plant flowers, vegetables or herbs in a workplace green space or in an indoor pot. You and your co-workers can use your break time to tend the plants (e.g., watering, weeding, etc.) If the garden is large enough, consider using the vegetables for a work potluck or the flowers to brighten the common area in your workplace.

Why this counts - **Calming**

Growing plants may lift spirits and soothe the mind and body.

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.