Plan a healthy meal

How to take this break
If you enjoy cooking or looking at recipes, using your break time to plan nutritional meals can be a healthy stress reliever with physical benefits as well. Your break time planning can also equip you with a shopping list for on the way home to help reduce the stress of last-minute meal planning. You can also think about whom you can delegate the shopping or food preparation to and call them or send an email.

Why this counts - Calming
Planning meals for the week can help ensure you are eating healthy meals at work and at home, and can potentially provide you with a calming break activity as you refocus your attention.

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.

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