



## 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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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.