Call a friend

How to take this break
Use your break time to reach out to someone you can count on to make you feel better by meeting for coffee, sending an email or making a phone call.

Why this counts - Calming
Talking to someone whose opinion you value may help you to see your situation from a more objective perspective. This can also help reduce your feelings of stress.

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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