



Get inspired by adding posters, art or pictures to your workplace

How to take this break

Collect and display images of a place you visited or dream about visiting someday, or a special person, memory, or an inspirational quote – whatever makes you feel good. You can also simply imagine them in your mind's eye. Focus on that moment for two to three minutes.

Why this counts - **Calming**

By taking a few moments from your day to appreciate the people, places and memories you cherish, you can allow yourself to escape to your very own paradise. This can help lower your stress and help you to focus on the task at hand after your break is completed.

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.