Energy shake

How to take this break
Stand up at your desk, sit on your chair or in a place you’re comfortable, and shake all over!

Why this counts - Energizing
Shaking all over can have the effect of energizing your body, releasing painful tension in shoulders and arms, and providing a positive mental health break too.

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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