



Play mini putt with coffee cups

How to take this break

1. Strategically place paper coffee cups around the office. Use duct tape to stabilize them.
2. Using a point system for an individual or team challenge, create a course.
3. Be inventive. You can use a golf club and ball or a stress ball.
4. Putt the balls towards or into the cups.
5. Award higher points for more difficult putts. Points can also be based on the number of attempts, therefore the fewer the points the better!

Why this counts - Energizing

Finding time for playing together can energize a team and help to build camaraderie through healthy competition.

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.