



Stairway challenge

How to take this break

Place a pencil and paper at the top of each floor in the stairway. Challenge team members to put their name on the list each time they pass or go to a different floor. The person who used the stairway most frequently would be recognized either through a staff bulletin or a prize.

Why this counts - Energizing

Paying attention to our energy levels at work is important because it impacts our ability to stay focused, productive and positive.

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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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.