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.