

# Take Your Break

## Mail delivery

### How to take this break

Take a break during your workday to personally deliver interoffice mail to co-workers by walking or wheeling. This gives you the double benefit of some face-to-face time with people you might not see every day and an energizing break in your workday.

### Why this counts - **Energizing**

Just 10 minutes of exercise a day can have some real health benefits. In addition, strengthening work relationships is good for your mental health, giving you the opportunity to feel valued, supported and connected at work.

Go to [Workplace Strategies for Mental Health](http://www.workplacestrategiesformentalhealth.com) 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.