Get twisting

How to take this break
There's nothing like a good old hula-hoop to get you moving and laughing. The hula-hoop can be used with arms sitting down or around the hips standing up.

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. Laughter is great medicine!

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.