

# Take Your Break

## 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.