



Benefits of water

How to take this break

Remember the 8 x 8 rule. Eight glasses of eight ounces of water each a day helps keep you hydrated and energized. In warm working environments using a spray bottle mister helps keep you cool and your skin hydrated.

Why this counts - **Energizing**

Lack of water can lead to dehydration and can drain your energy making it harder to focus for the rest of the day. Spraying water on the skin by misting helps to cool the body and increase comfort.

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.