



Energy drink

How to take this break

Bring that unused blender to work with fruits and veggies to whip up your favourite smoothie for a break time snack.

Why this counts - Energizing

Healthy snacks made with natural ingredients can boost your energy and your hunger until mealtimes, helping you stay more focused and productive.

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.