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.

Ideas for this activity were contributed by
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