

# Take Your Break

## Connect with loved ones

### How to take this break

Take a moment to text or call a loved one.

### Why this counts - **Energizing**

Spending time connecting with those who love us can help boost our overall well-being.

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.