Take Your Break

Stretch at your desk

How to take this break
Some of the activities you can do in your workspace include:

1. Adjusting your space so you can stretch and move as you work
2. Doing arm raises with a heavy stapler or paperweight
3. Sitting at your desk raising your legs

Some workplaces also provide walking desks so that you can walk while working. A walking desk is a piece of equipment that encompasses a treadmill, a computer on a desk, a phone, etc.

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.

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.