Play ball!

How to take this break
Keep a play box of simple sports activities in the office: Frisbees, foam balls, basketballs, soccer balls or even balloons. Take your breaks during the day to “play” for 10-15 minutes outside or if space allows inside during colder months.

Why this counts - Energizing
Finding time for playing together can energize a team and help to build camaraderie through healthy competition.

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.