



## Work together on a puzzle

### How to take this break

Set up a large puzzle for co-workers to work on during their break time. Consider laminating the finished puzzle and hanging it in your workplace as an ongoing reminder of the teamwork and fun that went into putting it together.

### Why this counts - Calming

This is a great team-building activity that encourages everyone to get up from their desks to refocus on something different from their regular work.

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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TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak 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.