



Brainstorm while you walk or wheel

How to take this break

When you're really busy at work you can combine the need to talk about issues or share or create ideas with a walk or wheel in the fresh air or a designated indoor walking route.

Why this counts - Energizing

Everything is better with a clear head. Briskly walking or wheeling increases blood flow and may actually help generate ideas. You can even carry a recorder to catch it all.

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.