Go the distance

How to take this break
Make choices that take you away from your desk. This can mean sending your print job to a printer at the other side of the office, using the washroom farthest from your desk, planning a face-to-face meeting with a colleague on another floor, or keeping your water bottle half full in order to get up and fill it more frequently.

Why this counts - Energizing
Those extra steps you take can help contribute to better health by making you more active and giving you an energizing break throughout the day.

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.