Work some yoga into your day

How to take this break
Co-workers can actually stay at their own desks and a meeting reminder could be sent daily to encourage staff to take this break time. Link to Yoga @ your desk

Why this counts - Relaxing
Yoga breaks during the workday can help employees relieve stress and become refreshed and more focused for the rest of the workday.

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.

Ideas for this activity were contributed by

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.