



## Take a walk in nature even if you're in the city!

### How to take this break

This activity can be used during breaks at meetings or in group settings, and features a nature slide show with a narrator speaking or just the narrator speaking and employees visualizing what the narrator says. As the narrator leads the employee(s) on the walk, the slide would change (e.g., a hill to climb, a river to cross using a bridge or pointing to skydivers in the sky). At the end of the "walk" stretching is encouraged.

### Why this counts - **Relaxing**

By incorporating relaxation into your day, you can drastically reduce stress levels in the body, and improve both your physical and mental health.

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.