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](https://www.workplacestrategiesformentalhealth.com) 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*  