



Create a wall of gratitude

How to take this break

Put up a message board where people can add a note about what they are grateful for with respect to a direct report or co-worker.

Why this counts - **Calming**

People who take time every day to think about the things they are grateful for may be generally happier overall.

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

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TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak 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.