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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