



Start a game reaction

How to take this break

Set aside some space at work for a game such as scrabble. Let everyone contribute by adding a word to the board. Keep this going until the board is full and start the game again. Other game suggestions are brain teasers, chess and crossword puzzles.

Why this counts - Relaxing

Taking time away from your desk to relax and enjoy a game or creative activity is a great, productive way of releasing stress.

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

Dr. Owen Garrett, Psychologist, Active Insights Health Care; Anne Winters, Manager, Interior Health; Ashley Nichols, Human Resources Advisor, Coastal Community Credit Union.

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.