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
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