Get artsy and crafty

How to take this break
Set aside some space at work for arts and crafts. Start a craft or painting, and let everyone add on to it for a surprising result.

Why this counts - Relaxing
We can actually be energized by activities that make us think of something else beyond work and challenge our capacity for thought and creativity.

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.

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