**Stretch your break time**

**How to take this break**
Schedule time in your workday for regular stretch breaks.

**Why this counts - Relaxing**
Regular stretch breaks can help to reduce tension and energize you for the rest of the day.

Go to [Workplace Strategies for Mental Health](https://www.workplacestrategiesformentalhealth.com) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

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