Check in on yourself

How to take this break
The Psychology Foundation provides Staying on Top of Your Game™, an Interactive Wheel to help you assess how you are doing. Answer the questions and see where you may have room for improvement.

Why this counts - Relaxing
Stopping to check in on how we are doing is important because it can make us more aware of areas we may need help or support with.

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 Judy Hills, The Psychology Foundation.

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.