Share a comic

How to take this break
Clip and post comic strips or cartoons that your co-workers can laugh at and relate to.

Why this counts - Relaxing
In addition to making us feel good, sharing a laugh has a number of health benefits including lowering blood pressure, reducing stress hormones, increasing memory and learning, and improving alertness 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.

Ideas for this activity were contributed by

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.