



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
Halifax Disability Management Services Office, The Great-West Life Assurance
Company.*

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.