



Walk or wheel and stretch for 10 minutes

How to take this break

Start at your desk/workstation with a brief, two-minute warm up exercise (including flexing and rotating the shoulders and neck). Use a stress ball during walking or wheeling activity. If your work is mostly physical in nature, try to focus your mind to relax and be calm.

Why this counts - Relaxing

By incorporating relaxation into your life, you can drastically reduce the stress levels in the body, and improve both your physical and mental health.

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
Morris Lowe, Public Health Nurse, Toronto Public Health.*

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.