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