



## Focus on the positive

### How to take this break

Find a quiet space, sit in a chair with feet on the floor, palms on your lap, sitting tall. Close your eyes or soften your gaze (look at the floor) and notice how you feel. Focus on your breath, the expansion of your belly as it expands on the inhale and contracts as you exhale. Breathe normally, and notice how you feel now compared to when you started. When you are ready, open your eyes.

### 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.

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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.