Play dough

How to take this break
Make or buy play dough and place it in a break room or common area. Encourage team members to make their own creation or add to one for funny results.

Why this counts - Relaxing
Taking time away from your desk to relax and enjoy a game or creative activity is a great, productive way of releasing stress and having some much-needed workplace fun.

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
Dr. Owen Garrett, Psychologist, Active Insights Health Care; Anne Winters, Manager, Interior Health; Ashley Nichols, Human Resources Advisor, Coastal Community Credit Union.

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.