Break buddies

How to take this break
Some of us need a gentle (or not so gentle) push to get away from our desks for regular breaks. Work with a buddy or partner in your office to be accountable for each other’s breaks throughout the week.

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
Great-West Life Centre for Mental Health in the Workplace.