



Watch a funny video clip

How to take this break

Take a break and laugh out loud by watching skits of funny people. This activity could be done as a group break at someone's computer or in a break room with a screen.

Why this counts - Relaxing

Laughing makes you feel good and it reduces stress. A little comic relief in the workplace can also help build camaraderie and enhance teamwork.

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.