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.

Ideas for this activity were contributed by