



Meditate

How to take this break

There are many different forms of meditation that can help you become calmer, energized and relaxed, and can be done at your desk or with co-workers. Walking, movement, laughing and gazing meditation are all worth looking into. One example is a series of [videos offered by the University Health Network](#).

Why this counts - Calming

Meditation helps relax the muscles and reduces stress and tension.

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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