



Create an office spa

How to take this break

Consider approaching your employer about creating a calming environment and space free of phones, computers and other distractions. Include items such as soft lighting, yoga mats, blankets, soft music, books and magazines. This space is used for employees to get away from their desk and put some peace and relaxation into their day.

Why this counts - Calming

Engaging in activities that calm our minds may help reduce anxiety and help us to function and respond more effectively in difficult or stressful situations.

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

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TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak 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.