



## Post a positive message

### How to take this break

Put up a whiteboard or create a chat room on line to encourage team members to write positive comments and messages of thanks on the board daily.

### Why this counts - **Calming**

Praise really can move us from apathy to productivity. Regular, meaningful positive reinforcement and feedback makes people feel appreciated and encouraged to do their best.

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.*