Post a positive message

How to take this break
Put up a whiteboard or create a chat room online 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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