



Imagine your ideal vacation

How to take this break

Think about, or actually look into, a special vacation destination. Thinking about it and planning it will move you closer to the actual experience, may help to free your mind from stress and give you something to look forward to.

Why this counts - Calming

Engaging in activities that calm us and reduce anxiety helps us to continue to function and respond more rationally 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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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break 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.