



Mind-Easy

Healthy Break Activities

Healthy activities are focused on helping to improve the mental health of employees, including those who may experience depression, anxiety-related disorders or excessive stress at work.

You may not wish to do every activity, so choose those that are a good fit for you in your workplace.

You may be amazed at the positive results that can be achieved by investing just a few minutes each day.

Energizing Activities

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Energizing break activities can help improve your sense of well-being, focus and productivity. Do these activities alone or with co-workers to improve health and feel better.

Energy shake

Stand up at your desk, sit on your chair or in a place you're comfortable, and shake all over!

Why this counts

Shaking all over can have the effect of energizing your body, releasing painful tension in shoulders and arms, and providing a positive mental health break too.

Energizing Activities

Play mini putt with coffee cups

1. Strategically place cups around the office. Use duct tape to stabilize them.
2. Using a point system for an individual or team challenge, create a course.
3. Be inventive. You can use a golf club and ball or a stress ball.
4. Putt the balls towards or into the cups.
5. Award higher points for more difficult putts. Points can also be based on the number of attempts, therefore the fewer the points the better!

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Energizing Activities

Mail delivery

Take a break during your workday to personally deliver interoffice mail to co-workers by walking or wheeling. This gives you the double benefit of some face-to-face time with people you might not see every day and an energizing break in your workday.

Why this counts

Just 10 minutes of exercise a day can have some real health benefits. In addition, strengthening work relationships is good for your mental health, giving you the opportunity to feel valued, supported and connected at work.

Calming Activities

Take time to tidy up

How to take this break

Take 10 minutes out of your day to tidy up your workspace, and file and organize your email.

Why this counts

Creating organized workspaces gives a sense of order and control that positively influences outlook and gives a sense of calm.

Calming Activities

Work together on a puzzle

How to take this break

Set up a large puzzle for co-workers to work on during their break time.

Consider laminating the finished puzzle and hanging it in your workplace as an ongoing reminder of the teamwork and fun that went into putting it together.

Why this counts

This is a great team-building activity that encourages everyone to get up from their desks to refocus on something different from their regular work

Calming Activities

Write down something you are grateful for

How to take this break

Put up a message board where people can add a note about what they are grateful for with respect to someone in your workplace.

Why this counts

People who take time every day to think about the things they are grateful for may be generally happier overall.

Calming Activities

Get inspired

How to take this break

Subscribe to an inspirational thought for the day – every day. To get started, search "inspirational quotes" online and start saving and sharing your favorites with others.

Why this counts

Inspirational quotes may help boost morale, make you feel motivated and help you have a more positive outlook for your day.

Calming Activities

Create an office spa

Consider approaching your employer about creating a calming environment. 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

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.

Calming Activities

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

Engaging in activities that calm us and reduce anxiety helps us to continue to function and respond more rationally in difficult or stressful situations.