



Energizing break activities

Energizing break activities can help improve your sense of well-being, focus and productivity.

Canada Life's *Workplace Strategies for Mental Health** site provides an *Energizing break activities* page that includes different activities you can do alone or with others to improve your health and feel better.

Activity Sneak Peek: Get twisting – use a hula-hoop to get you moving and laughing. Why does this count? Our energy levels at work impact our ability to stay focused, productive and positive. Laughter is great medicine!