



Calming break activities

Did you know? July 24th, 2024 is International Self-Care Day!

Canada Life's *Workplace Strategies for Mental Health** site provides a *Calming break activities* page that includes different activities you can do alone or with co-workers to help release stress and improve your concentration.

Activity Sneak Peek: Create a wall of gratitude – 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 does this count? People who take time every day to think about the things they are grateful for may be generally happier overall.