



**TAKE A  
BREAK  
ACTIVITY  
BOOK**

# 10 ways you can **Take a Break**

1

Stretch your body. Try doing some stretches at your work area or go for a walk, run, or roll around the block.

2

Write down 3 things you are grateful for.

3

Focus on mindful breathing with 10 deep breaths or listen to a guided meditation.

4

Send a positive message to thank, recognize, or appreciate a colleague.

5

Eat a brain-boosting snack like blueberries, nuts, avocado, or carrots.

6

Tidy and declutter your workspace or clean up your electronic files.

7

Connect with a colleague, friend or loved one.

8

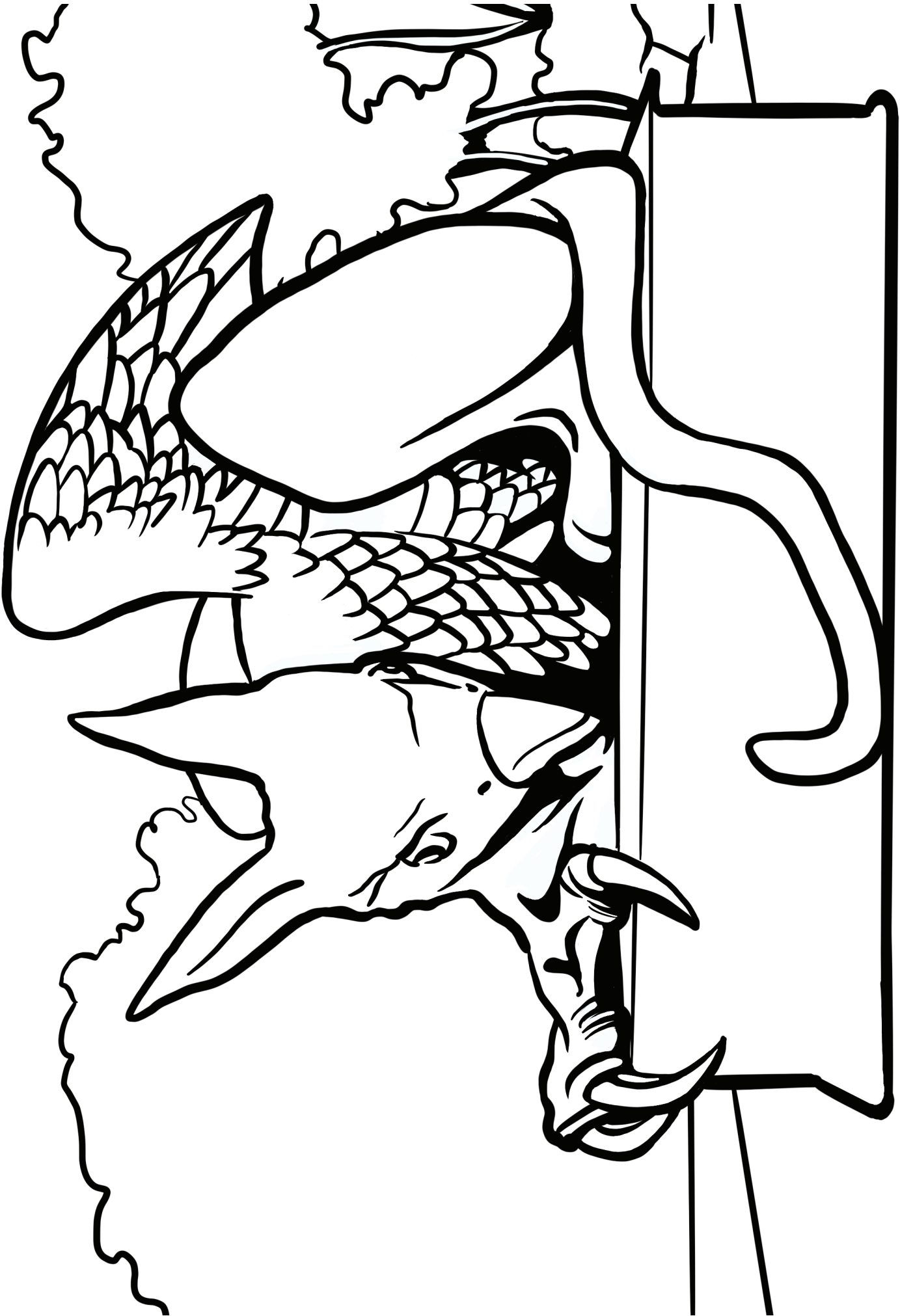
Re-fill your water glass and aim to drink eight 8oz glasses per day.

9

Watch or read something funny.

10

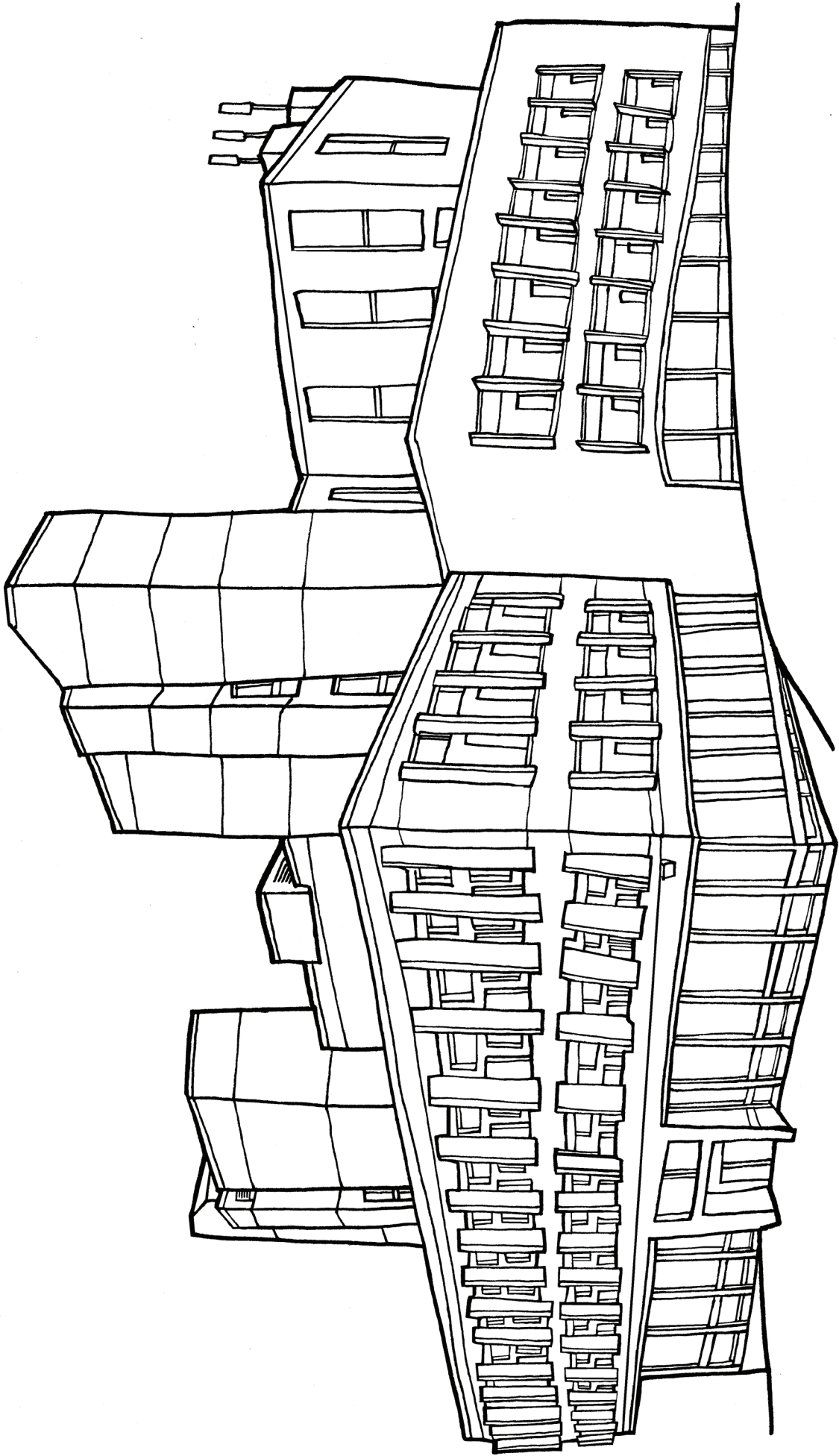
Play your favourite song and dance like no one is watching.



# Sudoku

							1	
					2			3
			4					
						5		
4		1	6					
		7	1					
	5					2		
				8			4	
	3		9	1				

								1
							2	3
		4			5			
			1					
				3		6		
		7				5	8	
				6	7			
	1				4			
5	2							



# Knowledge is Power

# Stress Management Techniques

## **Allocate “worry time”**

Give yourself 30-minutes a day to worry, then, change your environment somehow (stretch, light a candle, work in a new space) and move on to something different.

## **Focus on what you can control**

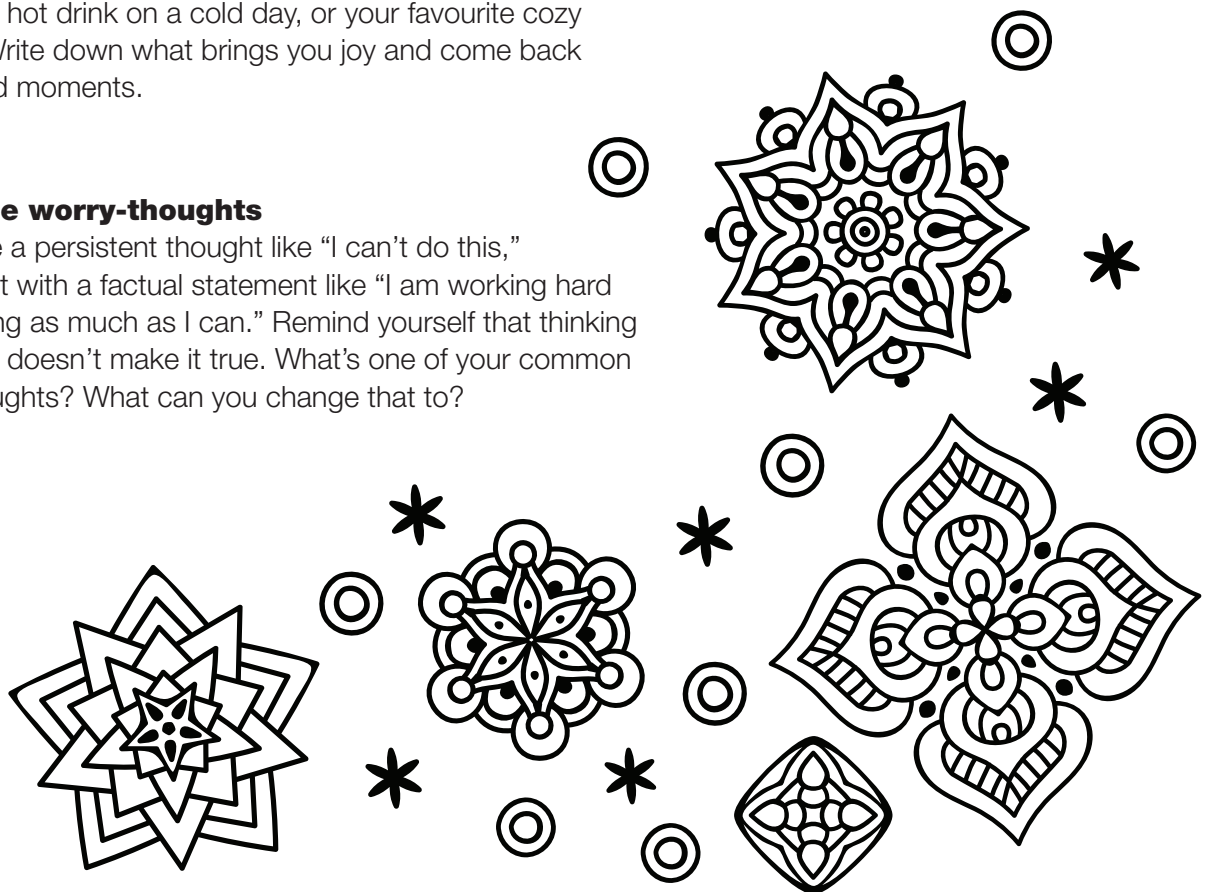
Our world is uncertain. Find one thing every day that you can control, like tidying up your space, cooking a delicious meal, or connecting with a colleague or friend.

## **Notice the good**

It's important to counterbalance our concerns about bad things happening by noticing the good things that are happening around us. When concerns add up, think of something that brings you joy, like a cute puppy, a happy memory, a hot drink on a cold day, or your favourite cozy sweater. Write down what brings you joy and come back to it in hard moments.

## **Challenge worry-thoughts**

If you have a persistent thought like “I can't do this,” challenge it with a factual statement like “I am working hard and learning as much as I can.” Remind yourself that thinking something doesn't make it true. What's one of your common worry-thoughts? What can you change that to?



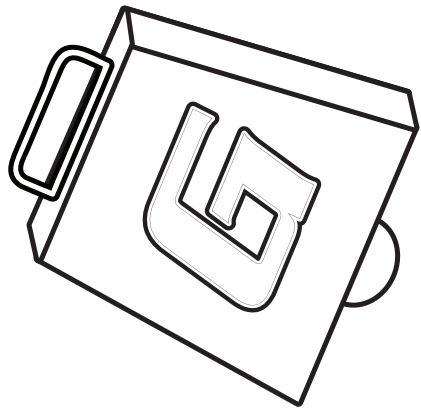


**BELIEVE IN  
YOURSELF.**

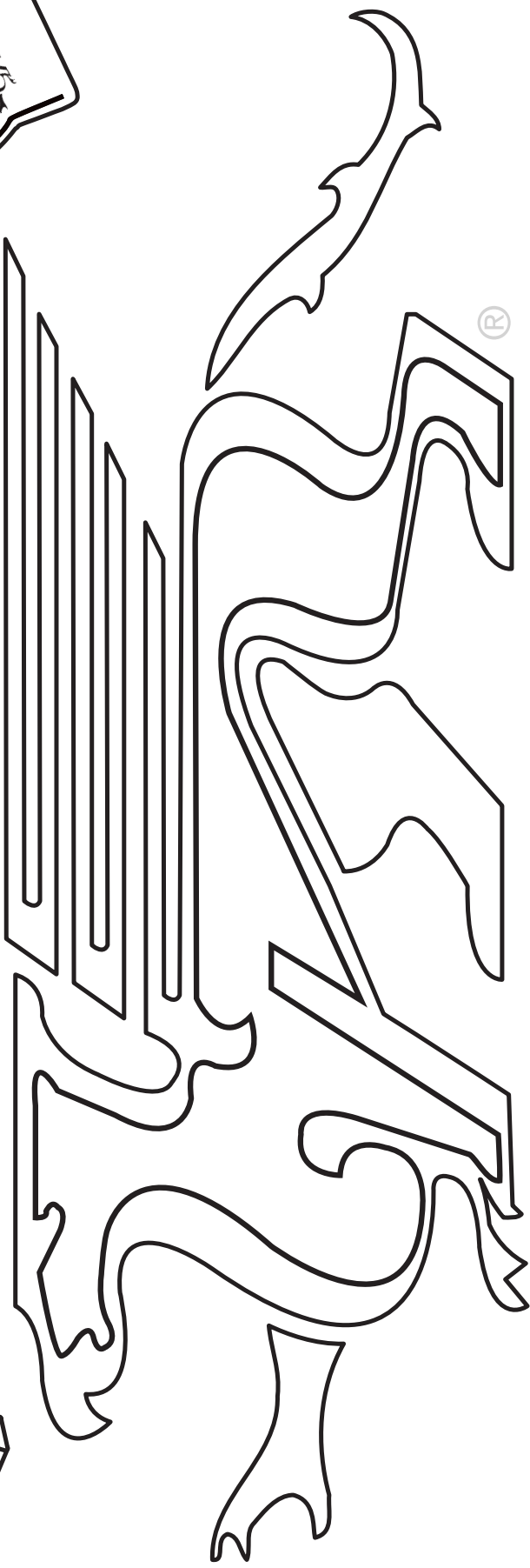
**YOU'VE  
GOT THIS!**

# DOODLE PAGE





PROUD TO BE A



GRYPHON

# Grounding and Breathing Techniques

## **5-4-3-2-1 grounding technique**

List...

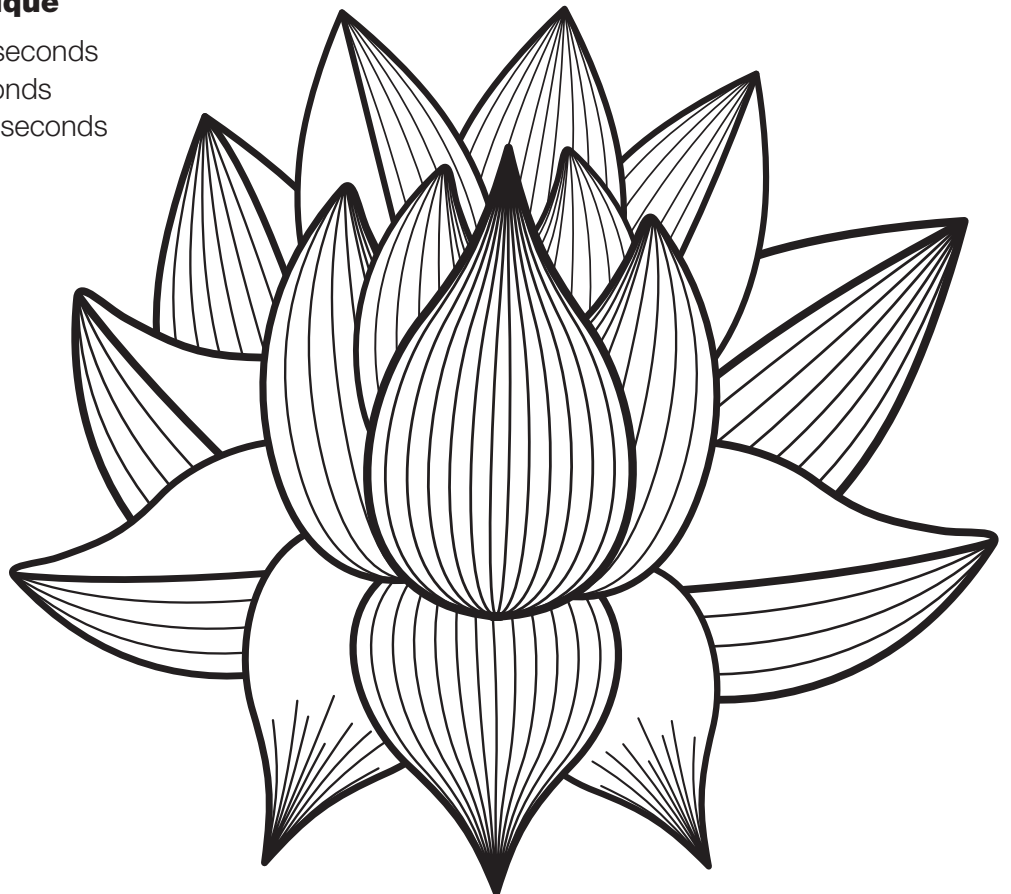
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

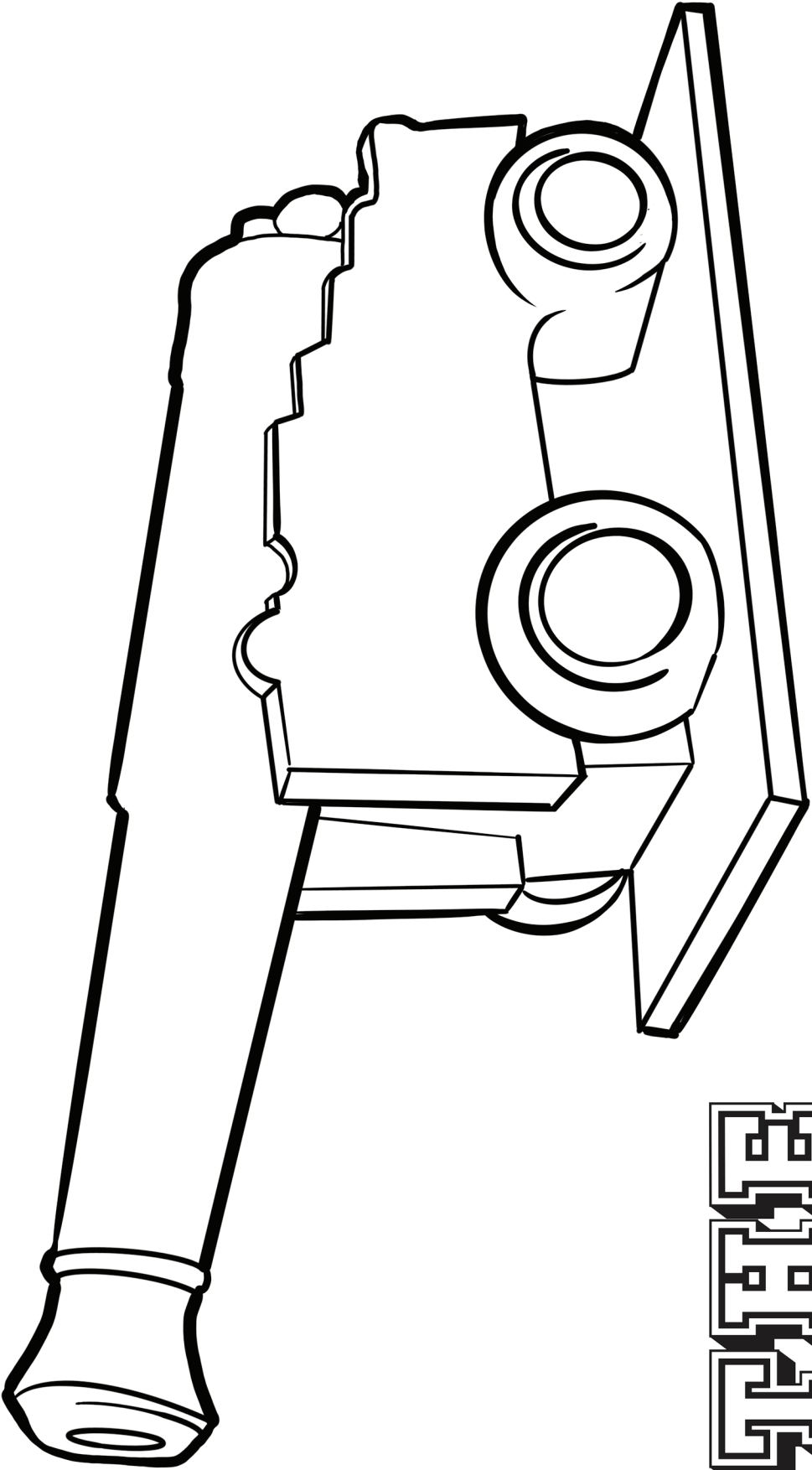
## **4-7-8 breathing technique**

- Breathe in quietly through your nose and hold for 4 seconds
- Hold your breath for 7 seconds
- Exhale loudly through pursed lips for 8 seconds

## **Boxed breathing technique**

- Inhale for a count of 4 seconds
- Hold for a count 4 seconds
- Exhale for a count of 4 seconds
- Repeat





THE

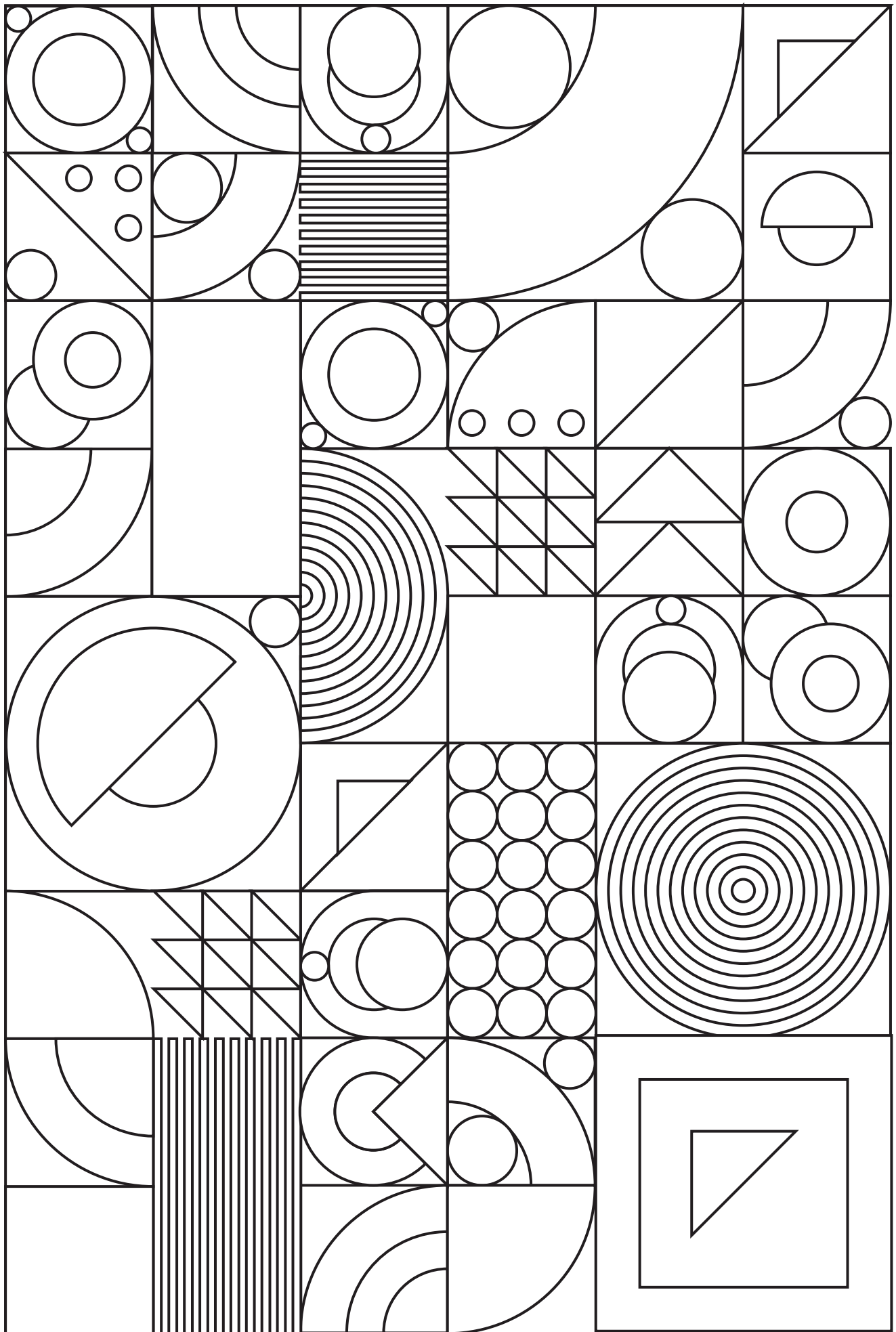
BLASTER

# Word Search

R	P	N	G	B	N	E	X	A	M	S	N	H	R
A	U	U	R	N	A	M	L	E	E	R	C	N	R
R	O	L	D	J	E	R	E	M	I	A	H	E	R
B	R	S	Q	U	I	R	R	E	L	I	A	E	E
O	G	T	G	G	N	T	G	L	R	Y	G	R	T
R	I	I	M	O	C	G	N	I	L	R	P	G	B
E	A	L	K	A	N	U	I	G	O	A	E	N	O
T	A	U	N	T	N	E	R	R	U	R	Q	O	B
U	Y	N	O	L	I	L	L	S	M	B	M	T	S
M	O	Y	C	F	R	P	L	M	E	I	H	S	D
N	H	Q	R	G	G	H	U	Y	L	L	E	N	O
O	C	I	T	R	O	P	B	U	Y	C	L	H	G
G	R	A	E	B	G	N	I	G	G	E	B	O	S
G	R	Y	P	H	O	N	G	E	B	T	I	J	O

ARBORETUM  
BEGGING BEAR  
BOB'S DOGS  
BULLRING  
CANNON  
CREELMAN  
EXAMS  
GRYPHON

GUELPH  
JOHNSTON GREEN  
LIBRARY  
OLD JEREMIAH  
PORTICO  
SQUIRREL  
U OF G  
YUKON



# Caring for **your well-being**

## **Fill up your cup**

Make a list of your needs to feel good throughout the day. Think about what you need: Is it 8 hours of sleep? Is it to move your body? Is it to start your day with a shower? Whatever it is, check it off the list for each day to care for yourself and to get a sense of accomplishment. Next step? Forgive yourself if you don't get those checkmarks! Practice self-compassion.

## **Plan out your meals**

Make a list of what you will need for the week. Buy easy-to-grab snacks for when you're busy, but also things to enjoy when indulging in a longer break.

## **Move your body**

Research says that physical activity helps improve cognitive function and can lead to improved workplace performance. It also feels good! What are three ways you can move your body that you can fit in your daily schedule?

- Dance to your favourite song
- Go for a walk around the block or on a local trail
- Take a Gryphons Fitness On-Demand class

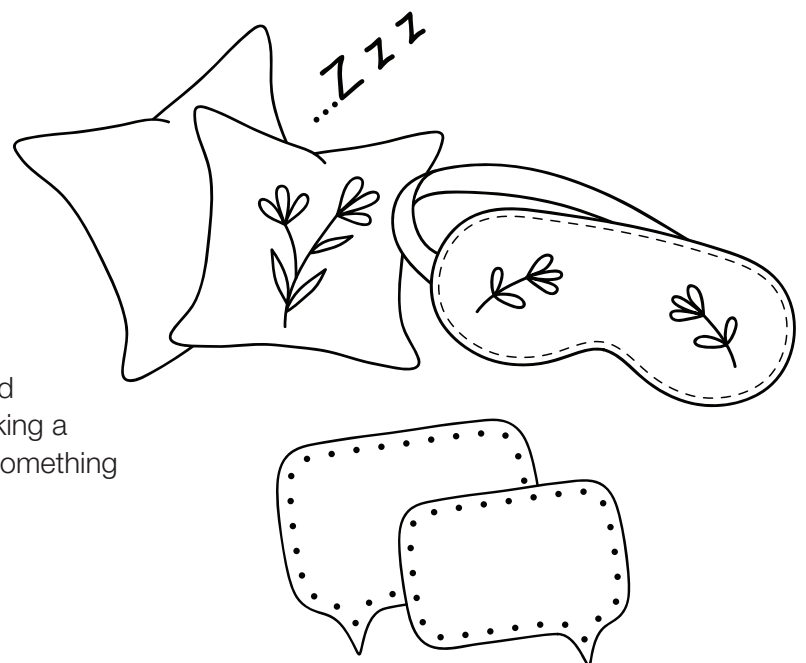
## **Sleep well**

Limit caffeine at the half-way point of your day and alcohol to three hours before bed.

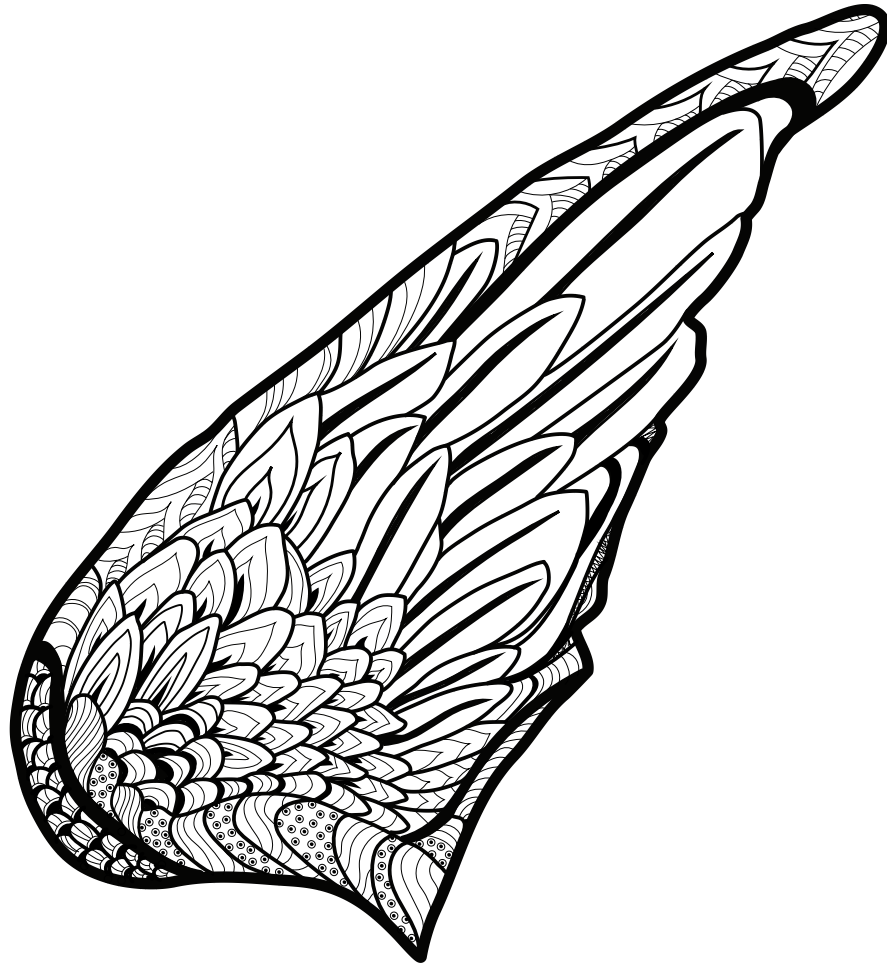
Go over your to-do list well before bedtime so that your mind has enough time to quiet down.

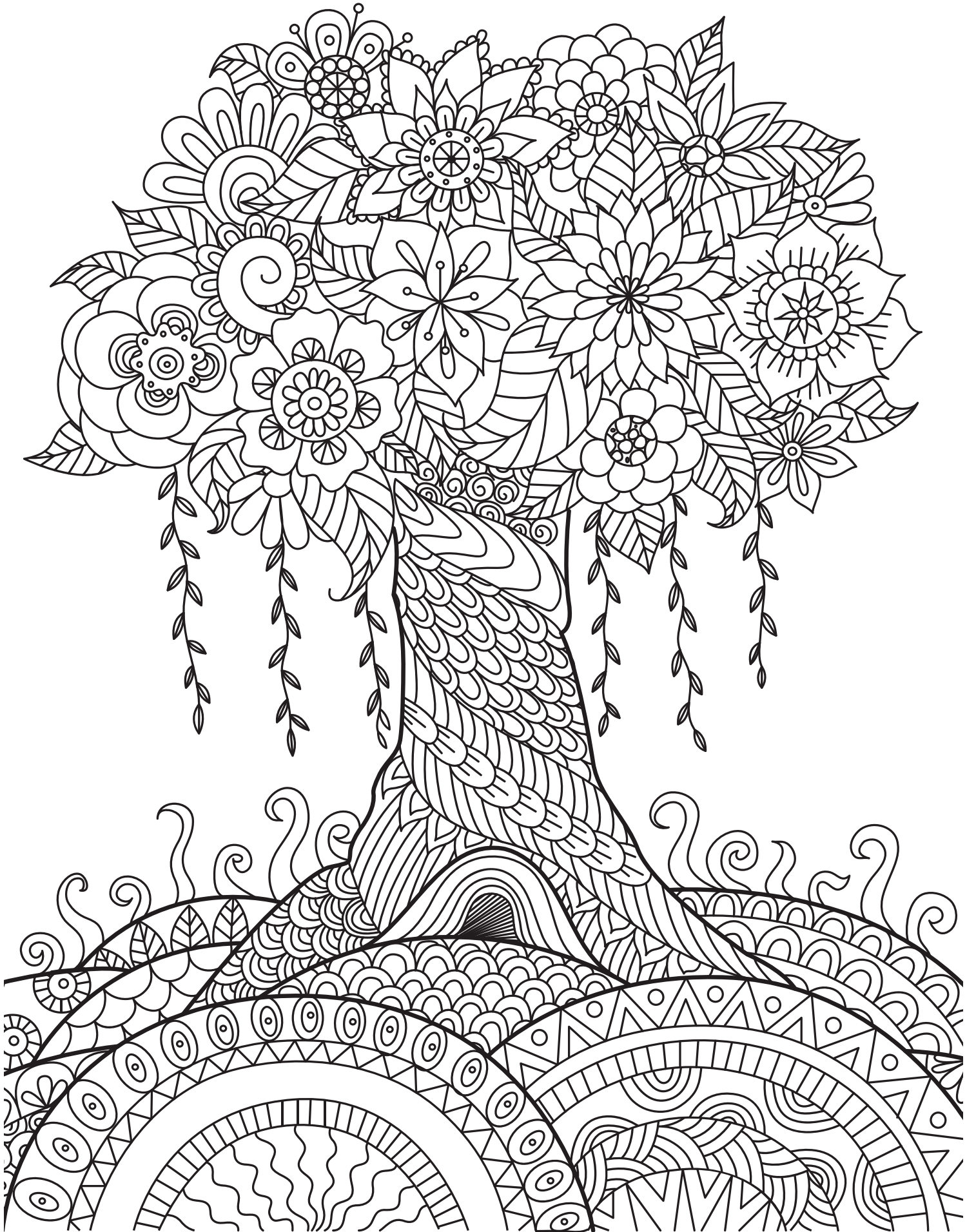
## **Stay connected**

Build in time to connect with loved ones. Spend some time catching up with loved ones by making a phone or video call to friends or family. It'll be something you can look forward to each day.



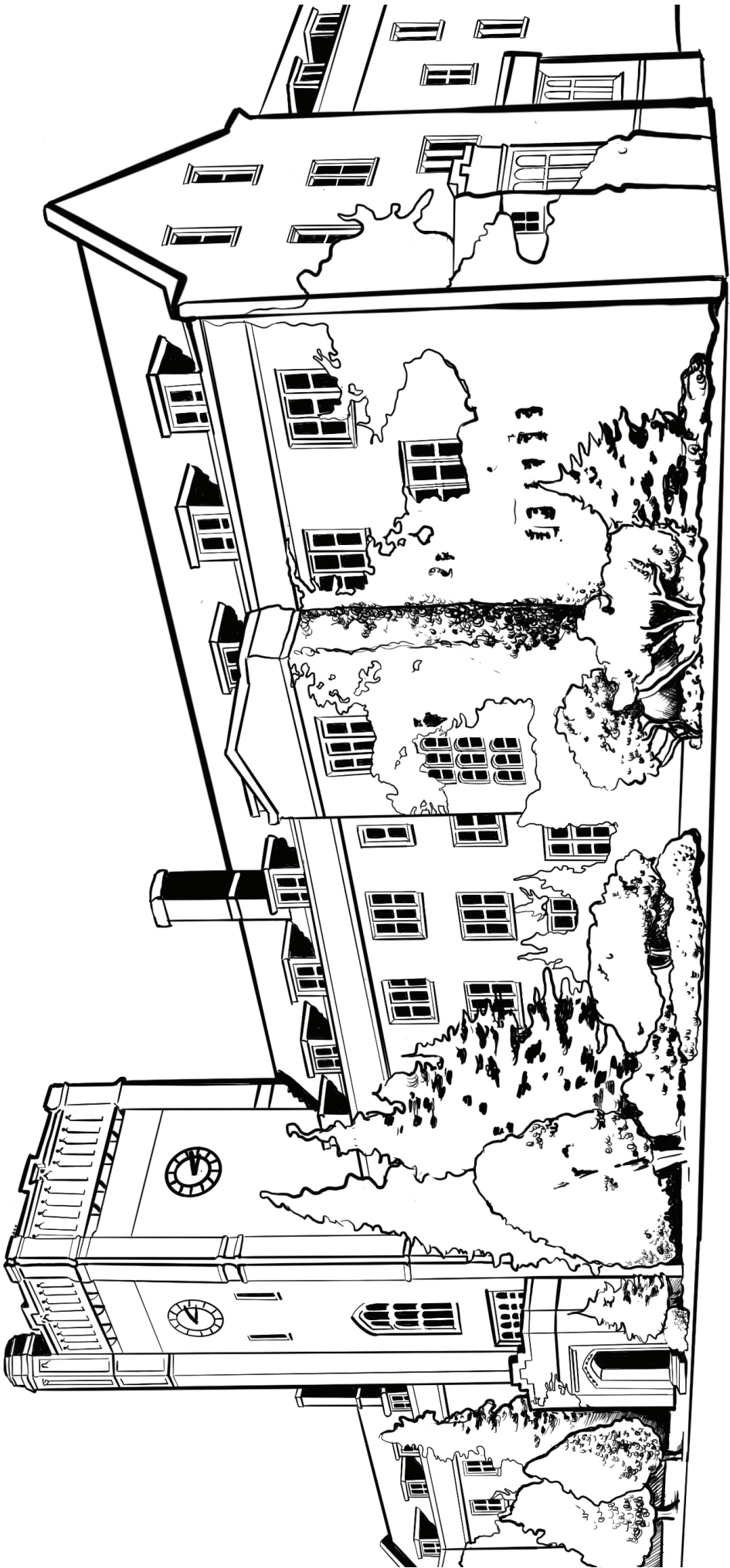
I AM A  
GRYPHON







# JOHNSTON HALL





# But first...

# **Mental Wellness**

## **Wellness Resources**

### **Employee and Family Assistance Program**

Access to counselling is available 24 hours per day, seven days per week through the University's EFAP provider, Homewood Employee Health toll-free at 1-800-663-1142 or visit [homeweb.ca](http://homeweb.ca).

### **BounceBack**

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults manage low mood, mild to moderate depression and anxiety, stress or worry. Visit <https://bouncebackontario.ca/>

### **Togetherall**

Access a supportive online community available 24 hours per day, 7 days per week. Visit <https://togetherall.com/en-gb/>

### **Here247**

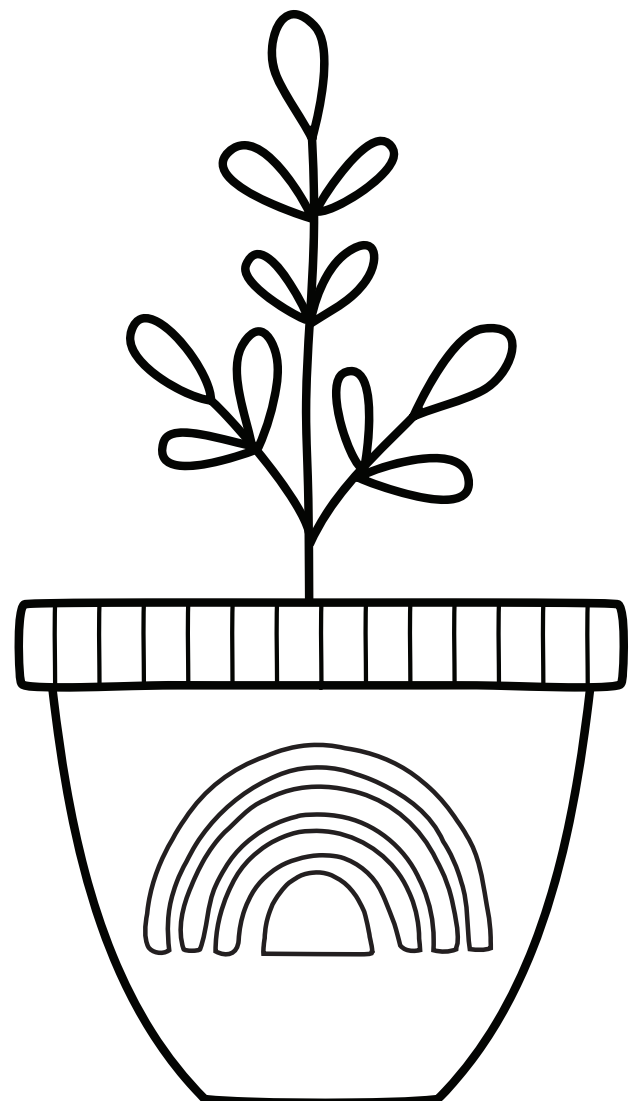
Call 1-844-HERE247 (1-844-437-3247) anytime to access addictions, mental health, and crisis services.

### **Guelph-Wellington Women in Crisis**

A community organization that provides free services to women and their children. Reach their 24-hour crisis line at 519-836-5710 or 1-800 265-SAFE.

### **View more wellness resources at:**

[uoguelph.ca/wellnessatwork/wellness-resources](http://uoguelph.ca/wellnessatwork/wellness-resources)



Have a great break,  
**U of G!**



**We want to see  
your creative side!**

Share photos of you with your  
activity book and tag us using  
[#WellnessAtUofG](https://www.instagram.com/hashtag/WellnessAtUofG)

UNIVERSITY  
of GUELPH

IMPROVE LIFE.