

DID YOU KNOW?

1. Canadians have been working longer and harder over the past decade, but not necessarily more productively¹
2. Long hours and time pressure at work are linked to stress and burnout²
3. Breaks (coffee and lunch breaks for example) and even “micro-breaks” (3-5 minutes) have been effective in reducing fatigue and increasing productivity³
4. Capital Health staff do not feel supported to take breaks⁴

IDEAS TO DE-STRESS AND REJUVENATE

- **Eat for energy and enjoyment**
 - Don't skip meals
 - Choose 3 of the 4 food groups at each meal
 - Eat enough
 - Listen to hunger cues
 - Watch empty calories
- **Take 5 to stretch**
 - Stretch at least twice per day (more frequently if in a sustained position)
 - Walk around unit or take stairs
 - Breathe deeply
 - Change activities/tasks
 - Hold a stretch for 10-30 seconds
- **Have fun at work**
 - Commit random acts of humour



¹ [Global business and economic roundtable on addiction and mental health](#) (2000) in The unheralded business crisis in Canada, p.6 Accessed 25-08-2006.

² Costs of work stress and the long hours culture (2004) in Working time and the future of work in Canada: GPI Atlantic

³ Occupational Health and Safety Agency of British Columbia (2003)

⁴ Healthy eating initiative, Capital Health: Focus group report (April 2006) Bethany Hopkins

