



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
 - o Don't skip meals
 - o Choose 3 of the 4 food groups at each meal
 - o Eat enough
 - o Listen to hunger cues
 - Watch empty calories



- Stretch at least twice per day (more frequently if in a sustained position)
- o Walk around unit or take stairs
- o Breathe deeply
- Change activities/tasks
- o Hold a stretch for 10-30 seconds



o Commit random acts of humour



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

- o Bring funny props
- o Hold contests
- o Have team potluck for lunch
- o Don't worry...blow bubbles
- o Say thank you and mean it
- o Share a joke



Be stress smart

- o Talk to your peers about how they handle stress.
- Ask for assistance or emotional support from your peers and give it in return.
- o Talk about how you feel.
- o Take breaks with your peers.
- o Share food with others.
- o Avoid dulling the pain.



Does your team need to Take a Break! Phone us for details on how your team can receive a micro-break visit and a Take a Break Kit.

Bonnie Conrad (473-3743) <u>bonnie.conrad@cdha.nshealth.ca</u> Laura Kaulback (473-5817) <u>laura.kaulback@cdha.nshealth.ca</u>



Contents of Take a Break Kit are subject to change without notice.

Last Updated: January 10, 2007