

Rest and Recovery

Total hours worked increased by 0.9% over the past year in 2025, underscoring the importance of balancing rising work demands with adequate rest to support employee well-being.

Canada's



Healthy Workplace Month

healthyworkplacemonth.ca

DID YOU KNOW?

In today's fast-paced corporate world, pushing through fatigue is often seen as a badge of honor. However, true high performance comes not from working harder, but from recovering smarter. Rest isn't just about sleep—it's about mental and physical renewal. Rest and recovery provide the following benefits:

- Boosts focus and productivity
- Enhances emotional resilience and decision-making
- Reduces stress and prevents burnout
- Supports muscle repair and overall well-being
- Improves creativity and problem-solving

DAILY MOTIVATION : MUSIC TRACK

"Night Rain" - Nature Sounds Only

Scientifically proven to reduce stress and promote deep relaxation!

DAILY YOGA POSE

"Legs Up the Wall (Viparita Karani)"

This restorative pose improves circulation, reduces stress, and relieves tension from long hours of sitting.



PRO TIPS FOR THE WORKPLACE

Today, prioritize rest with this simple challenge:

Use this time for mindful rest, whether it's a short nap, deep breathing, stretching, or listening to calming music. Afterward, notice how you feel—do you feel more refreshed, focused, or calm?



INSPIRE & REFLECT

Inspiration of the day

"Almost everything will work again if you unplug it for a few minutes, including you." — Anne Lamott

Mental Health Challenge

Take a 20-minute break during your workday to unplug from screens, meetings, and stress.

DAILY RECIPE



Sleep-Boosting Chamomile & Honey Tea

- 1 chamomile tea bag
- 1 tsp raw honey
- ½ tsp cinnamon

Sip before bed for deeper, more restful sleep.



Daily Affirmation

"I honour my need for rest and give my mind and body time to recharge."

Reflection Question

How can I build intentional moments of rest into my daily routine?

Resource of the Day:

Calming Break Activities

Take a moment to recharge with Calming Break Activities from Workplace Strategies for Mental Health. These simple activities are designed to help you release stress, improve concentration, and bring a sense of calm to your workday—whether you're at the office or working from home.

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