

# People who don't take breaks make more mistakes

Going for a brisk walk, visiting one of our many employee lounges or grabbing a snack are all great ways to keep yourself sharp at your job. By taking some time for yourself, the time you spend at your job will be more productive and enjoyable.

**TAKE A BREAK!**



[www.workingatmcmaster.ca/healthy-workplace](http://www.workingatmcmaster.ca/healthy-workplace)