

TAKE 15'S GOAL IS TO HELP ENCOURAGE POSITIVE MENTAL HEALTH IN THE WORKPLACE WITH A FOCUS ON MINDFULNESS, REMOVING THE STIGMA ASSOCIATED WITH MENTAL HEALTH, ENCOURAGING MORE CONVERSATION AND ENGAGEMENT WITH BOTH EMPLOYEES, CLIENTS AND CUSTOMERS.

ELECTRONIC DEVICES SUCH AS SMARTPHONES, TABLETS, AND COMPUTERS EMIT BLUE LIGHT, DISRUPTING THE BODY'S MELATONIN PRODUCTION. THIS INTERFERENCE CAN LEAD TO DIFFICULTIES FALLING ASLEEP AND MAINTAINING SLEEP. ENHANCING YOUR SLEEP QUALITY IS ACHIEVABLE BY UNPLUGGING FROM TECHNOLOGY BEFORE BEDTIME. THIS SIMPLE STEP CAN HELP YOU WAKE UP FEELING MORE REFRESHED AND REVITALIZED. BY TAKING A TECHNOLOGY BREAK, ESPECIALLY BEFORE SLEEP, YOU CAN EXPERIENCE BETTER OVERALL SLEEP DURATION AND QUALITY.



AUGUST DITCHING DIGITAL



PUTTING ASIDE YOUR ELECTRONIC GADGETS WILL ALLOW YOU TO CULTIVATE BETTER TIES WITH THE INDIVIDUALS IN YOUR IMMEDIATE ENVIRONMENT. WHEN IT COMES TO DEVELOPING STRONG AND LASTING CONNECTIONS, FACE-TO-FACE CONTACT IS VERY NECESSARY. IF WE SPEND AN EXCESSIVE AMOUNT OF TIME GAZING AT SCREENS, WE MAY OVERLOOK OUR CONNECTIONS WITH PEOPLE IN REAL LIFE, WHICH CAN RESULT IN A WEAKENING OF OUR RELATIONSHIPS WITH OUR FRIENDS AND FAMILY.

CONVERSATION STARTERS

WHAT HAS MADE YOU
SMILE TODAY?



WHAT'S YOUR
FAVOURITE TV SHOW?



WHAT SUPERPOWER
DO YOU WISH YOU
COULD HAVE?



IF YOU DID'NT HAVE THE JOB
YOU HAVE NOW WHAT
ELSE WOULD
YOU WANT TO BE?



ARE YOU A CAT
PERSON OR A DOG
PERSON?



HAVE YOU BEEN ON
ANY INTERESTING
TRIP'S LATELY?



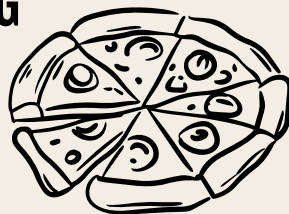
WHAT WAS THE LAST
BOOK YOU READ?



WHAT SONG DO YOU WISH YOU
COULD PUT ON RIGHT NOW?



WHAT IS THE STRANGEST THING
YOU'VE SEEN ON A PIZZA.....
THAT'S NOT PINEAPPLE?



WHAT DO YOU DO TO RELAX AND
UNWIND AFTER A LONG DAY ?

