50 Ways to Take a Break

Take a Bath

Listen to Music

Take a Nap

Go to a body of water

Watch the clouds

Light a candle

REST your legs up on a wall

Let out a sigh

Fly a Kite

Watch the stars

Learn something NEW

Write a Letter

Listen to a guided relaxation

Read a Book

sit in NATURE

2x Move twice as slowly

Take Deep Belly Breaths

MEDITATE

Call a Friend

Meander around Town

WRITE in a journal

Notice your Body

BUY some Flowers

Find a relaxing scent

WALK Outside

Go for a run

Take a bike ride

Eat a meal in SILENCE

Turn off all electronics

Pet a furry creature

Create your own coffee break

View some ART

Examine an everyday object with Fresh Eyes

Go to a Park

read or watch something FUNNY

Drive somewhere NEW

Go to a Farmer's Market

Forgive Someone

COLOR with crayons

Make some MUSIC

Climb a Tree

Engage in small acts of KINDNESS

Let go of Something

Do some gentle stretches

Paint on a surface other than paper

Write a quick poem

Read poetry

Put on some music and DANCE

Give Thanks

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