

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



Write a Letter



Learn something **NEW**

Listen to a guided relaxation



Read a Book



sit in NATURE

2x Move twice as slowly



Take Deep Belly Breaths

MEDITATE



Notice your Body



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



Pet a furry creature

Create your own coffee break



View some ART

Shh!



Eat a meal in SILENCE



Turn off all electronics

Go to a park



Examine an everyday object with Fresh Eyes



Drive somewhere **NEW**



Go to a Farmer's Market



Forgive Someone



read or watch something

FUNNY

Engage in small acts of

KINDNESS

COLOR with Crayons



Make some MUSIC



Climb a Tree



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