

50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Watch the stars



Light a candle

REST

your legs up on a wall



Let out a sigh



Fly a Kite

Learn something **NEW**



Listen to a guided relaxation



Read a Book



Write a Letter



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



Create your own coffee break



View some **ART**



SHHH! Eat a meal in **SILENCE**



Turn off all electronics



Go to a park



Pet a furry creature



read or watch something **FUNNY**



Examine an everyday object with Fresh Eyes



Drive somewhere **NEW**



Go to a Farmer's Market



Forgive Someone



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