



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

Learn something

REST your legs up on a wall

Let out a sigh

Fly a Kite

Watch the stars

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

Create your own coffee break

View some ART

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

Put on some music and DANCE

Do some gentle stretches

Paint on a surface other than paper

Write a quick poem

Read poetry

Give Thanks