50 Ways to Take a Break

- Take a Bath
- Light a candle
- Learn something NEW
- Listen to Music
- Nap
- Go to a body of water
- Fly a kite
- Watch the stars
- Write a letter
- Sit in NATURE
- Move twice as slowly
- Take deep belly breaths
- Meditate
- Notice your body
- Walk outside
- Write in a journal
- Eat a meal in SILENCE
- Examine an everyday object with Fresh Eyes
- Turn off all electronics
- Go for a run
- Create your own coffee break
- Go to a farmer’s market
- Pet a furry creature
- Go to a park
- Forgive someone
- Drive somewhere NEW
- Take a bike ride
- Look at art
- View some ART
- Read or watch something funny
- Engage in small acts of KINDNESS
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- Color with crayons
- Do some gentle stretches
- Make some MUSIC
- Play a surface different than paper
- Write a quick poem
- Read poetry
- Put on some music
- Dance
- Give Thanks