

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



Call a Friend



Meander around Town

WRITE in a journal



Walk Outside

Notice your Body



Buy some Flowers



Find a relaxing Scent



Slak' in Eat a meal **SILENCE**

Go for a run



Take a bike ride



pet a furry creature

Create your own coffee break



View some **ART**

Examine an everyday object with Fresh Eyes



Turn off all electronics

Go to a park



Go to a Farmer's Market



Forgive Someone

read or watch something **FUNNY**

COLOR with Crayons



Make some **MUSIC**

Climb a Tree



Let go of something



Engage in small acts of **KINDNESS**

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