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
- Write a letter
- Move twice as slowly
- Listen to a guided relaxation
- Read a book
- Notice your body
- Call a friend
- Notice a furry creature
- Buy some flowers
- Sit in nature
- Meditate
- Take deep belly breaths
- Walk outside
- Go for a run
- Go to a park
- Create your own coffee break
- Drive somewhere NEW
- Turn off all electronics
- Go to a Farmer’s Market
- Examine an everyday object with fresh eyes
- Forgive someone
- Examine a surface other than paper
- Take a bike ride
- Paint on a surface other than paper
- Create your own art
- Take some gentle stretches
- Write a quick poem
- Read poetry
- Read or watch something FUNNY
- 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
- Give Thanks
- Meander around town

Art by Paula Hansen www.chart-magic.com