

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



Learn something **NEW**

Listen to a guided relaxation



Read a Book



sit in NATURE

Write a Letter

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



Pet a furry creature

Create your own coffee break



View some ART

Eat a meal in SILENCE

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

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