

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



Meander around Town

Take Deep Belly Breaths



MEDITATE



Call a Friend



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing Scent



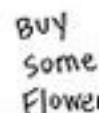
Walk Outside



Go for a run



Buy some Flowers



Eat a meal in SILENCE



Take a bike ride



Create your own coffee break



View some ART



Examine an everyday object with Fresh Eyes



Turn off all electronics



Go to a Park



pet a furry creature



?????



read or watch something



Drive somewhere **NEW**



Go to a Farmer's Market



Forgive Someone



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