

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



50 Ways to Take a Break

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

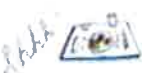


Take a bike ride

Create your own coffee break



View some ART



Eat a meal in SILENCE

Turn off all electronics

Go to a park



Pet a furry creature



read or watch something

Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a Farmer's Market



Forgive Someone

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