

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 

Read a Book 

sit in NATURE 

Write a Letter 


Listen to a guided relaxation 

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 

Shh! Eat a meal in SILENCE 

Turn off all electronics 

Pet a furry creature 

Examine an everyday object with Fresh Eyes 

Drive somewhere NEW 

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 

Print on a surface other than paper 

Write a quick poem 

Read poetry 

Put on some music and DANCE 

Give Thanks 