

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



# 50 Ways to Take a Break

2x Move twice as slowly

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



in Eat a meal SILENCE

Turn off all electronics



Go to a park



Drive somewhere NEW



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



Paint on a surface other than paper



Write a quick poem



Read poetry

Put on some music and DANCE



Give Thanks

