

# 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



Take Deep Belly Breaths

MEDITATE



Call a friend



Meander around Town

WRITE in a journal



Walk Outside

Notice your Body



Buy some Flowers



Find a relaxing Scent



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



FUNNY

Engage in small acts of

KINDNESS

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