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
- Write a Letter
- Watch the stars
- Learn something NEW
- Read a Book
- Notice Your Body
- Go for a run
- Call a friend
- Sit in NATURE
- Meander around Town
- ZIZ
- Move twice as slowly
- Write in a journal
- Take deep belly breaths
- Notice Your Body
- Eat a meal
- SILENCE
- Examine an everyday object with fresh eyes
- Drive somewhere NEW
- Turn off all electronics
- Take a bike ride
- Pet a furry creature
- Create your own coffee break
- View some ART
- 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
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks