

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

sit in NATURE 2x Move twice as slowly

Take Deep Belly Breaths MEDITATE

Call a friend Buy some Flowers Meander around Town Find a relaxing scent

WRITE in a journal Notice your Body Walk Outside

Go for a run Take a bike ride Pet a furry creature

Create your own coffee break View some ART read or watch something FUNNY

Eat a meal in SILENCE Turn off all electronics Drive somewhere NEW

Go to a park Go to a Farmer's Market Forgive someone

Engage in small acts of KINDNESS

Examine an everyday object with Fresh Eyes Make some MUSIC

Climb a Tree Let go of something Write a quick poem Read poetry

Put on some music and DANCE Give Thanks

COLOR with Crayons Do some gentle stretches Paint on a surface other than paper