

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



Notice your Body



Buy some Flowers



Find a relaxing scent



Walk Outside



Go for a run



Call a friend

Buy some Flowers



Meander around Town

Eat a meal in **SILENCE**



Turn off all electronics



Take a bike ride



Create your own coffee break



View some **ART**



Examine an everyday object with Fresh Eyes



Drive somewhere **NEW**



Go to a park



Pet a furry creature



read or watch something **FUNNY**



COLOR with Crayons



Make some **MUSIC**



Climb a Tree



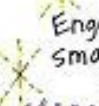
Go to a Farmer's Market



Forgive Someone



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