

50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Watch the stars

Write a Letter



2x Move twice as slowly

sit in NATURE



Learn something NEW



Listen to a guided relaxation



Read a Book



Take Deep Belly Breaths



MEDITATE



Notice your Body



Call a Friend



Meander around Town



Buy some Flowers



Find a relaxing scent



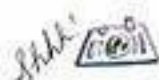
WRITE in a journal



Walk Outside



Eat a meal in SILENCE



Examine an everyday object with Fresh Eyes



Turn off all electronics



Drive somewhere NEW



Take a bike ride



Go to a park



pet a furry creature

Create your own coffee break



View some ART



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