

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

Learn something **NEW** Listen to a guided relaxation Read a Book

50 Ways to Take a Break

Write a Letter 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 Walk Outside

Buy some Flowers Find a relaxing Scent

in Eat a meal **SILENCE** Turn off all electronics

Go for a run 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

Go to a Farmer's Market read or watch something **FUNNY**

COLOR with Crayons Make some MUSIC

Climb a Tree Let go of something

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