

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 Read a Book sit in NATURE Write a Letter

Listen to a guided relaxation 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 Take a bike ride

Eat a meal in SILENCE Turn off all electronics 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 Go to a Farmer's Market Forgive Someone Engage in small acts of KINDNESS

Do some gentle stretches Print on a surface other than paper Write a quick poem Let go of something Put on some music and DANCE Give Thanks

Read poetry

50 Ways to Take a Break