

Take a Bath  Listen to Music  Take a Nap  Go to a body of water  Watch the clouds  Light a candle  Watch the stars  Let out a sigh  Fly a Kite  Write a Letter 

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

REST
your legs up on a wall 

sit in **NATURE** 


2x
Move twice as slowly



50 Ways to Take a Break


Take Deep Belly Breaths 

MEDITATE


Call a friend 

Meander around town 

WRITE in a journal  Walk outside 

Notice your Body 

Buy some Flowers 

Find a relaxing scent 

Stick to **SILENCE**  Eat a meal 

Go for a run 

Take a bike ride 

Create your own coffee break 

View some **ART** 

Examine an everyday object with Fresh Eyes 

Turn off all electronics 

Go to a park 

pet a furry creature 

read or watch something 

Drive somewhere **NEW** 

Go to a Farmer's Market 


Forgive someone 

FUNNY

COLOR with Crayons 

Make some **MUSIC** 

Climb a Tree 

Let go of something 

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 