

50 Ways to Take a Break

- 1. Take a Bath
- 2. Listen to Music
- 3. Take a Nap
- 4. Go to a body of water
- 5. Watch the clouds
- 6. Light a candle
- 7. REST your legs up on a wall
- 8. Let out a sigh
- 9. Fly a Kite
- 10. Watch the stars
- 11. Write a Letter
- 12. Learn something NEW
- 13. Listen to a guided relaxation
- 14. Read a Book
- 15. sit in NATURE
- 16. Move twice as slowly
- 17. Take Deep Belly Breaths
- 18. MEDITATE
- 19. Notice your Body
- 20. Call a Friend
- 21. Meander around Town
- 22. WRITE in a journal
- 23. Buy some Flowers
- 24. Find a relaxing scent
- 25. WALK Outside
- 26. Go for a run
- 27. Take a bike ride
- 28. Create your own coffee break
- 29. View some ART
- 30. Eat a meal in SILENCE
- 31. Turn off all electronics
- 32. Go to a park
- 33. Pet a furry creature
- 34. read or watch something FUNNY
- 35. Examine an everyday object with Fresh Eyes
- 36. Drive somewhere NEW
- 37. Go to a Farmer's Market
- 38. Forgive Someone
- 39. Engage in small acts of KINDNESS
- 40. COLOR with Crayons
- 41. Make some MUSIC
- 42. Climb a Tree
- 43. Let go of something
- 44. Put on some music and DANCE
- 45. Give Thanks
- 46. Do some gentle stretches
- 47. Paint on a surface other than paper
- 48. Write a quick poem
- 49. Read poetry