


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

sit in NATURE 


Write a Letter 


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 

Create your own coffee break 

View some ART 

Eat a meal in SILENCE 

Turn off all electronics 

pet a furry creature 

read or watch something FUNNY 

Examine an everyday object with Fresh Eyes 

Drive somewhere NEW 

Go to a park 

Go to a Farmer's Market 

Forgive Someone 

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 