

# 50 Ways to Take a Break

- 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
- Write a Letter
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Notice Your Body
- Call a Friend
- Meander around Town
- WRITE in a journal
- 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
- Engage in small acts of **KINDNESS**
- Make some **MUSIC**
- Climb a Tree
- Go to a Farmers Market
- Forgive Someone
- Let go of something
- Put on some music and **DANCE**
- Give Thanks
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry