

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 Write a Letter

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

50 Ways to Take a Break

sit in NATURE **2x** Move twice as slowly

Take Deep Belly Breaths **MEDITATE**

Call a Friend Meander around Town

WRITE in a journal Notice your Body Walk Outside

Buy some Flowers Find a relaxing scent

Shhh! Eat a meal in SILENCE 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 Pet a furry creature Pet a furry creature Forgive Someone Read or watch something FUNNY

COLOR with Crayons Make some MUSIC Drive somewhere NEW

Go to a Farmer's Market 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