50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Go to a Nap
- Watch the Clouds
- Light a Candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Read a Book
- Notice Your Body
- Sit in NATURE
- NEW
- Listen to a guided relaxation
- Take a deep belly breaths
- Notice Your Body
- Walk Outside
- Write a journal
- Go for a run
- More twice as slowly
- Eat a meal
- SILENCE
- Examine an everyday object with Fresh Eyes
- Turn off all electronics
- Drive somewhere NEW
- Go to a bike ride
- Pet a furry creature
- Create your own coffee break
- View Some ART
- Read or watch something
- Color with crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Put on some music
- DANCE
- Give Thanks
- 12
- Engage in small acts of KINDNESS
- Go to a Farmer's Market
- Forgive someone
- Enjoy silence