

# 50 Ways to Take a Break

**NEW**

- 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
- Listen to a guided relaxation
- Read a Book
- sit in NATURE
- 2x Move twice as slowly

**MEDITATE**

- Take Deep Belly Breaths
- Notice your Body
- Call a Friend
- Meander around Town

**WRITE**

- Write in a journal
- Walk Outside
- Buy some Flowers
- Find a relaxing scent

**SILENCE**

- Eat a meal in SILENCE
- Turn off all electronics
- Take a bike ride
- Create your own coffee break
- View some ART
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a park
- Pet a furry creature
- read or watch something FUNNY

**COLOR**

- Color with crayons
- Make some MUSIC
- Climb a Tree
- Go to a Farmer's Market
- Forgive Someone
- Engage in small acts of KINDNESS

**DANCE**

- Do some gentle stretches
- Print on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks

**Other activities:**

- Go for a run
- Take a bike ride
- Go to a park
- Pet a furry creature
- Create your own coffee break
- View some ART
- read or watch something FUNNY
- Engage in small acts of KINDNESS
- Put on some music and DANCE
- Give Thanks