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
- Write a letter
- Sit in NATURE
- Move twice as slowly
- Learn something NEW
- Listen to a guided relaxation
- Read a book
- Call a friend
- Meander around town
- Notice your Body
- Take deep belly breaths
- Buy some Flowers
- Find a relaxing Scent
- Write in a journal
- Walk Outside
- Go for a run
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Read or watch something FUNNY
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a Farmer's Market
- Forgive Someone
- Engage in small acts of KINDNESS
- COLOR with Crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Put on some music and DANCE
- Give Thanks
- Paint on a surface other than paper
- Write a quick poem
- Read poetry