50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- REST your legs up on a wall
- Let out a sigh
- Fly a kite
- Write a letter
- Sit in NATURE
- 2x move twice as slowly
- NEW Learn something
- Listen to a guided relaxation
- Read a book
- Call a friend
- Meander around town
- MEDITATE
- Take deep belly breaths
- Notice Your Body
- Buy some flowers
- Find a relaxing scent
- WRITE in a journal
- Walk outside
- Go for run
- Go to a park
- pet a furry creature
- Turn off all electronics
- Go to a farmer's market
- Clear your mind
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Examine an everyday object with fresh eyes
- Drive somewhere NEW
- Climb a tree
- Let go of something
- Go to a market
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Do some gentle stretches
- Paint on a surface other than paper
- Give Thanks
- Engage in small acts of KINDNESS
- Put on music
- Color with crayons
- Make some MUSIC