50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- REST your legs up on a wall
- Let out a sigh
- Fly a kite
- Watch the stars
- Write a Letter
- Move twice as slowly
- Learn Something NEW
- Listen to guided relaxation
- Read a Book
- Go to a body of water
- Sit in NATURE
- 2 x Meander around Town
- Take deep belly breaths
- MEDITATE
- Call a Friend
- Notice your Body
- Buy some Flowers
- Find a relaxing ScENT
- Walk outside
- Go for a run
- Go for a bike ride
- Pet a furry creature
- Create Your Own coffee break
- View some ART
- Eat a meal in SILENCE
- Examine an everyday object with fresh Eyes
- Drive somewhere NEW
- Go to a Park
- 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
- Write a quick poem
- Read poetry