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
- Learn something NEW
- Read a Book
- Notice Your Body
- Sit in NATURE
- Take deep belly breaths
- Call a friend
- Go for a run
- Find a relaxing scent
- Write in a journal
- Meditate
- Walk Outside
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Go to a Farmer’s Market
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Pet a furry creature
- Go for a bike ride
- Create your own coffee break
- Write a quick poem
- Read poetry
- Make some MUSIC
- Color with crayons
- Do some gentle stretches
- Paint on a surface other than paper
- Play music
- Let go of something
- Put on some music
- Climb a tree
- Dance
- Give Thanks
- Engage in small acts of KINDNESS
- Read or watch something FUNNY
- Go to a pottery place
- Volunteer
- Give something away
- Pay someone a compliment
- Learn to do something NEW