

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

Listen to a guided relaxation



Read a Book



50 Ways to Take a Break

Sit in NATURE



Write a Letter

2x Move twice as slowly



Take Deep Belly Breaths

MEDITATE



Call a friend



Meander around town

WRITE in a journal

Notice your Body



Buy some Flowers



Find a relaxing scent



Walk Outside

Go for a run



Take a bike ride



Create your own coffee break



View some ART

Eat a meal in SILENCE

Turn off all electronics

Go to a park



Pet a furry creature



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 Tree



Let go of something



Do some gentle stretches



Paint on a surface other than paper



write a quick poem



Read poetry

Put on some music and DANCE



Give Thanks