

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



Learn something NEW

Listen to a guided relaxation



Read a Book



50 Ways to Take a Break

sit in NATURE



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

Shhh! Eat a meal in SILENCE

Turn off all electronics

pet a furry creature

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

COLOR with Crayons

Make some MUSIC

Climb a Tree

Let go of something

Engage in small acts of KINDNESS



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

