50 Ways to Take a Break

- Take a Bath
- Light a candle
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the stars
- Write a letter
- Learn something NEW
- Listen to a guided relaxation
- Read a book
- Notice your Body
- Sit in NATURE
- Move twice as Slowly
- Take a guided meditation
- Go for a run
- Notice a Scen
e
- 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
- Go to a coffee break
- Create your own coffee break
- Make some MUSIC
- Put on some music and DANCE
- Write a quick poem
- Read poetry
- Paint on a surface other than paper
- Do some gentle stretches
- Put on some music and Dance
- Climbing a tree
- Go for a bike ride
- Buy some Flowers
- Call a friend
- Find a relaxing scent
- Meander around town
- Color with crayons
- Drive somewhere
- Pet a furry creature
- Forgive Someone
- Engage in small acts of KINDNESS
- View Some ART
- Read or watch something funny
- Give Thanks