

50 Ways to Take a Break

1. Take a bath
2. Listen to music
3. Take a nap
4. Go to a body of water
5. Watch the stars
6. Watch the clouds
7. Light a candle
8. Rest your legs up on a wall
9. Let out a sigh
10. Fly a kite
11. Sit in nature
12. Write a letter
13. Move twice as slowly
14. Learn something new
15. Listen to guided relaxation
16. Read a book
17. Take deep belly breaths
18. Meditate
19. Call a friend
20. Meander around town
21. Write in a journal
22. Notice your body
23. Buy some flowers
24. Find a relaxing scent
25. Walk outside
26. Go for a run
27. Take a bike ride
28. Create your own coffee break
29. Pet a furry creature
30. View some art
31. Eat a meal in silence
32. Turn off all electronics
33. Go to a park
34. Examine an everyday object with fresh eyes
35. Drive somewhere new
36. Go to a park
37. Go to a farmer's market
38. Read or watch something funny
39. Color with crayons
40. Make some music
41. Climb a tree
42. Let go of something
43. Forgive someone
44. Engage in small acts of kindness
45. Do some gentle stretches
46. Write a quick poem
47. Read poetry
48. Put on some music and dance
49. Give thanks
50. Paint on a surface other than paper