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
- Learn something NEW
- Read a book
- Sit in NATURE
- REST your legs up on a wall
- Let out a sigh
- Fly a kite
- Write a letter
- Write in a journal
- Notice your Body
- Walk outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- Drive somewhere NEW
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Go to a Farmer's Market
- Forgive someone
- Eat a meal in silence
- Examine an everyday object with fresh eyes
- Color with crayons
- Make some MUSIC
- Climb a tree
- Print on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Engage in small acts of KINDNESS
- Find a relaxing scent
- Call a friend
- Go on a hike
- Meander around Town
- Find art
- View some ART
- Read or watch something funny
- Give Thanks