

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 clouds

6 Light a candle

7 REST your legs up on a wall

8 Let out a sigh

9 Fly a Kite

10 Watch the stars

11 Write a Letter

12 Learn something **NEW**

13 Listen to a guided relaxation

14 Read a Book

15 sit in NATURE

16 2x Move twice as slowly

17 Take Deep Belly Breaths

18 MEDITATE

19 Notice your Body

20 Call a Friend

21 Meander around Town

22 WRITE in a journal

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 View some ART

30 Eat a meal in SILENCE

31 Turn off all electronics

32 Go to a park

33 Pet a furry creature

34 Examine an everyday object with Fresh Eyes

35 Drive somewhere **NEW**

36 Go to a Farmer's Market

37 Forgive Someone

38 Read or watch something FUNNY

39 COLOR with Crayons

40 Make some MUSIC

41 Climb a Tree

42 Let go of something

43 Engage in small acts of KINDNESS

44 Do some gentle stretches

45 Paint on a surface other than paper

46 Write a quick poem

47 Read poetry

48 Put on some music and DANCE

49 Give Thanks

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