

Take a Bath



Listen to Music



Take a Nap

Go to a body of water



Watch the clouds

Watch the stars



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Learn something NEW



Listen to a guided relaxation



Read a Book



50 Ways to Take a Break

Sit in NATURE



Write a Letter



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

Eat a meal in SILENCE



Turn off all electronics



Go to a park



pet a furry creature



read or watch something FUNNY

Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a Farmers Market



Forgive someone



Engage in small acts of KINDNESS

COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



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