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
- Let out a sigh
- Fly a kite
- Write a Letter
- REST your legs up on a wall
- Sit in NATURE
- 2x Move twice as Slowly
- 21s Meander around Town
- Write in a journal
- Notice Your Body
- Call a Friend
- Walk Outside
- Go for a run
- Go to a bike ride
- Create your own coffee break
- Pet a furry creature
- Buy some Flowers
- View Some ART
- Eat a meal in SILENCE
- Examine an everyday object with Fresh Eyes
- Turn off all electronics
- Drive somewhere NEW
- Go to a park
- Go to a Farmer's Market
- Forgive Someone
- Create
- COLOR with Crayons
- Make some MUSIC
- Climb a Tree
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music
- Dance
- Give Thanks
- Engage in small acts of KINDNESS