



watch the clouds



go for a run



move twice as slowly



do some gentle yoga



make some music



read poetry



watch the stars



read or watch something funny



take deep belly breaths



rest your legs up on a wall



climb a tree



sit in a comfortable chair



light a candle



give thanks



call a friend



listen to guided relaxation



turn off all electronics

# 50 ways to take a break



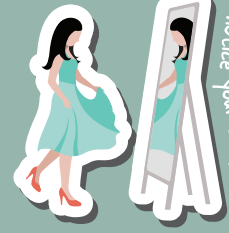
let go of something



drive somewhere new



take a bath



notice your body



let out a sigh



go to a farmer's market



sit in nature



go to a park



read a book



go to a body of water



eat a meal in silence



examine an everyday object with fresh eyes



create your own coffee break



write a quick poem



listen to music



take a nap



paint on a surface other than paper



write a letter



take a bike ride



forgive someone



pet a furry creature



put on some music and dance



color with crayons



learn something new



wander around town



engage in small acts of kindness



buy a relaxing scent

write in a journal



fly a kite



meditate



view some art



walk outside

