50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Let out a sigh
- Watch the clouds
- Fly a kite
- Read a book
- Rest your legs up on a wall
- Sit in nature
- Learn something NEW
- Listen to a guided relaxation
- Meditate
- Take deep belly breaths
- Write in a journal
- Notice your body
- Walk outside
- Go for a run
- Melt down all electronics
- Drive somewhere NEW
- Go to a park
- Create your own coffee break
- Pet a furry creature
- Go to a farmer's market
- Create some kind of art
- View some ART
- Read or watch something FUNNY
- Engage in small acts of KINDNESS
- Examine an everyday object with fresh eyes
- Color with crayons
- Make some MUSIC
- Climb a tree
- Put on some music and DANCE
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Let go of something
- Put on some music and DANCE
- Give Thanks
- Call a friend
- Buy some flowers
- Find a relaxing scent
- Meander around town
- Go to a Farmer's Market
- Forgive someone
- Pay it Forward
- Slide in silence
- Eat a meal in silence
- Do some gentle stretches
- Engage in small acts of kindness