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
- Rest your legs up on a wall
- Let out a sigh
- Fly a kite
- Write a letter
- Sit in nature
- Move twice as slowly
- Learn something new
- Listen to a guided relaxation
- Read a book
- Call a friend
- Meander around town
- Write in a journal
- Notice your body
- Buy some flowers
- Find a relaxing scent
- Take deep belly breaths
- Walk outside
- Turn off all electronics
- Go for a run
- Go to a bike ride
- Go to a coffee break
- Pet a furry creature
- Create your own art
- View some art
- Eat a meal in silence
- Look at an everyday object with fresh eyes
- Drive somewhere new
- Go to a park
- Go to a farmer's market
- Forgive someone
- Engage in small acts of kindness
- Color with crayons
- Make some music
- Climb a tree
- Let go of something
- Put on some music
- Dance
- Give thanks
- Read or watch something funny
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Engage in small acts of kindness