

# 50 Ways to Take a Break

- REST**
  - 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
  - Watch the stars
  - Write a Letter
  - Learn Something **NEW**
  - Listen to a guided relaxation
  - Read a Book
  - sit in **NATURE**
  - 2x Move twice as slowly
- MEDITATE**
  - Take Deep Belly Breaths
  - Notice your Body
  - Call a Friend
  - Meander around Town
  - Buy some Flowers
  - Find a relaxing scent
  - Go for a run
  - Take a bike ride
  - Create your own coffee break
  - View some **ART**
  - Turn off all electronics
  - Pet a furry creature
  - Go to a Park
  - read or watch something **FUNNY**
  - Examine an everyday object with Fresh Eyes
  - Drive somewhere **NEW**
  - Go to a Farmer's Market
  - Forgive Someone
  - Engage in small acts of **KINDNESS**
- WRITE**
  - Walk Outside
  - Write a quick poem
  - Read poetry
  - Put on some music and **DANCE**
  - Give Thanks
- WALK OUTSIDE**
  - Walk Outside
  - Go to a Park
  - Go to a Farmer's Market
  - Climb a Tree
  - Let go of something
- SILENCE**
  - Eat a meal in **SILENCE**
  - Examine an everyday object with Fresh Eyes
- COLOR**
  - Color with Crayons
  - Do some gentle stretches
- MUSIC**
  - Make some **MUSIC**
  - Put on some music and **DANCE**
- NATURE**
  - Go to a body of water
  - Watch the clouds
  - Watch the stars
  - sit in **NATURE**
  - Meander around Town
- KINDNESS**
  - Engage in small acts of **KINDNESS**
  - Give Thanks

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