

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



50 Ways to Take a Break



Sit in NATURE

2x Move twice as slowly

Take Deep Belly Breaths

MEDITATE



Call a Friend



Meander around Town

WRITE in a journal

Notice your Body



Buy some Flowers



Find a relaxing scent

WALK Outside

Eat a meal in SILENCE

Go for a run



Take a bike ride



pet a furry creature

Create your own coffee break



View some ART

Examine an everyday object with Fresh Eyes



Turn off all electronics

Go to a Park



Drive somewhere NEW



Go to a Farmers Market



Forgive Someone

read or watch something FUNNY

COLOR with Crayons



Make some MUSIC

Climb a Tree



Let go of something



Engage in small acts of KINDNESS

Do some gentle stretches

Paint on a surface other than paper



Write a quick poem



Read poetry

Put on some music and DANCE



Give Thanks

