

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



sit in NATURE

2+

Move twice as slowly

Learn something **NEW**

Listen to a guided relaxation



Read a Book



50 Ways to

Take a Break



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

Go for a run



Take a bike ride



pet a furry creature

Create your own coffee break



View some ART

in Eat a meal **SILENCE**

Turn off all electronics



Go to a park



Examine an everyday object with Fresh Eyes



Drive somewhere **NEW**



Go to a Farmer's Market



Forgive Someone



read or watch something **FUNNY**



Engage in small acts of **KINDNESS**



COLOR with Crayons



Make some **MUSIC**



Climb a Tree



Let go of something



Put on some music and **DANCE**



Give Thanks



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry