

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

WRITE

- Write in a journal
- Walk Outside
- Go for a run
- Take a bike ride
- pet a furry creature
- Create your own coffee break
- View some **ART**

SILENCE

- Eat a meal in **SILENCE**
- Turn off all electronics
- Go to a park
- pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere **NEW**
- Go to a Farmer's Market
- read or watch something **FUNNY**

COLOR

- Color with Crayons
- Make some **MUSIC**
- Climb a Tree
- Let go of something
- Engage in small acts of **KINDNESS**

MUSIC

- 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

NATURE

- Forgive Someone

KINDNESS

- Engage in small acts of **KINDNESS**

DANCE

- Put on some music and **DANCE**

GIVE THANKS

- Give Thanks

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