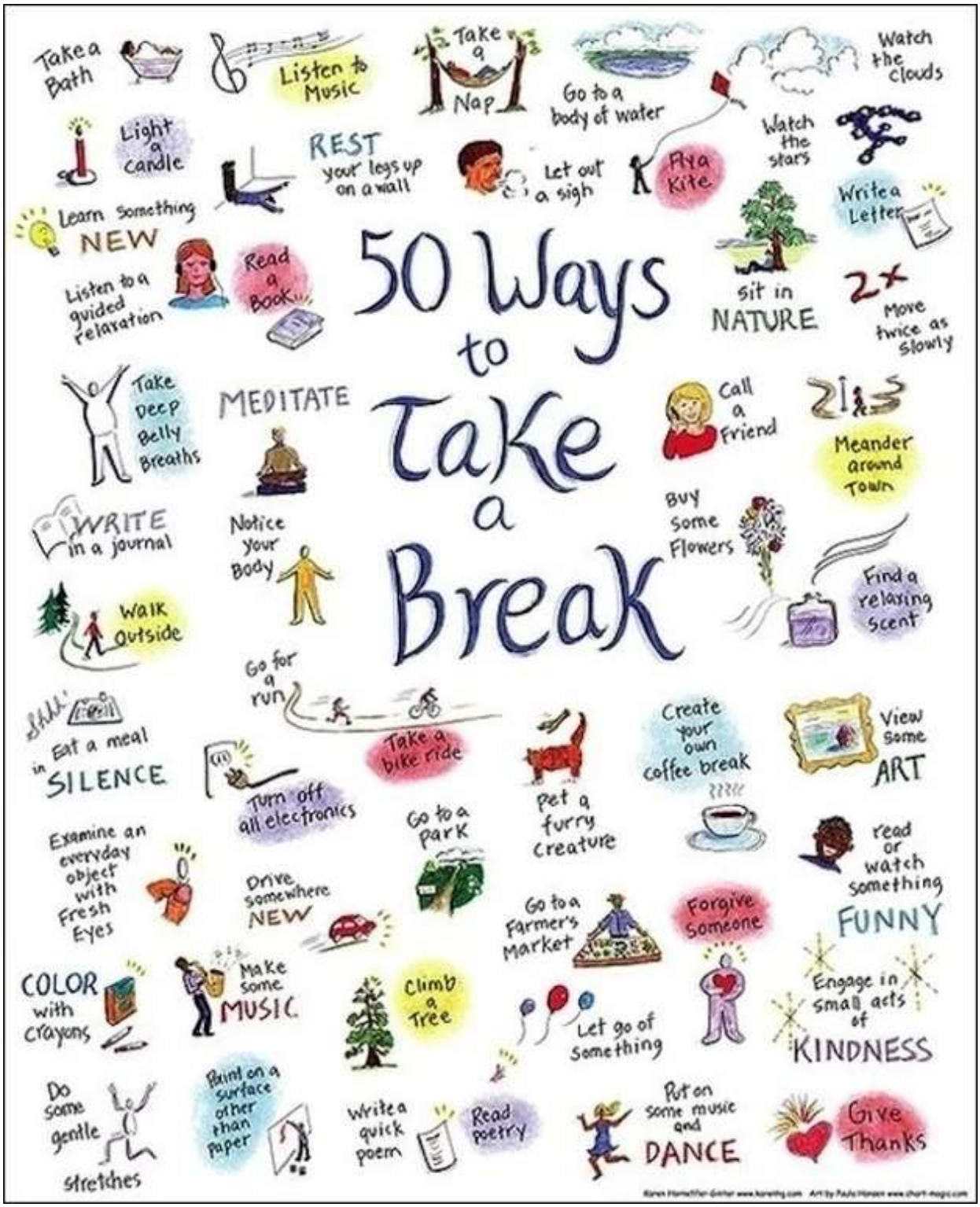
50 Ways to Take a Break
Take a Bath
Listen to Music
Take a Nap
Go to a body of water
Watch the clouds
Light a candle
REST your legs up on a wall
Let out a sigh
Fly a Kite
Watch the stars
Learn something NEW
Write a Letter
Listen to a guided relaxation
Read a Book
sit in NATURE
2x Move twice as slowly
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
Go for a run
Eat a meal in SILENCE
Take a bike ride
Create your own coffee break
View some ART
Turn off all electronics
Pet a furry creature
Examine an everyday object with Fresh Eyes
Go to a park
read or watch something FUNNY
Drive somewhere NEW
Go to a Farmer's Market
Forgive Someone
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