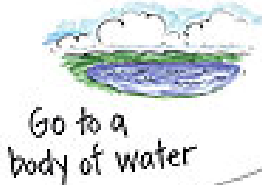


Take a Bath 

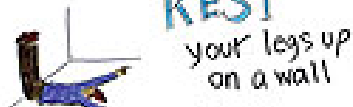
Listen to Music 

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 

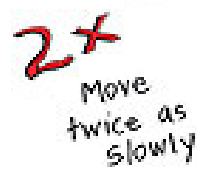
Learn something **NEW** 

Read a Book 

50 Ways to Take a Break

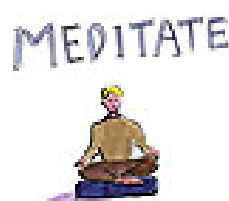
sit in NATURE 

Write a Letter 

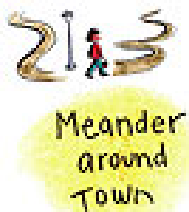
2x Move twice as slowly 

Listen to a guided relaxation 

Take Deep Belly Breaths 

MEDITATE 

Call a Friend 

Meander around Town 

WRITE in a journal 

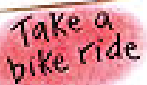
Notice your Body 

Buy some Flowers 

Find a relaxing Scent 

Walk Outside 

Go for a run 

Take a bike ride 

Create your own coffee break 

View some ART 

Eat a meal in SILENCE 

Turn off all electronics 

Pet a furry creature 

Examine an everyday object with Fresh Eyes 

Drive somewhere **NEW** 

Go to a park 

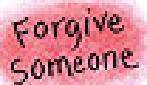
????? 

read or watch something 

COLOR with Crayons 

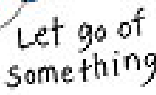
Make some MUSIC 

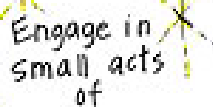
Go to a Farmer's Market 

Forgive Someone 

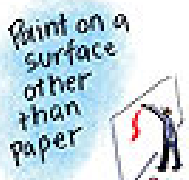
FUNNY

Climb a Tree 

Let go of something 

Engage in small acts of **KINDNESS** 

Do some gentle 

Print on a surface other than paper 

Write a quick poem 

Read poetry 

Put on some music and **DANCE** 

Give Thanks 