

50 Ways to Take a Break

1  Take a bath	2  Listen to music	3  Take a nap	4  Go to a body of water	5  Watch the clouds	6  Light a candle	7  Watch the stars	8  Write a letter	9  Learn something new	10  Rest your legs up on a wall
11  Listen to a guided relaxation	12  Read a book	13  Let out a sigh	14  Fly a kite	15  Sit in nature	16 2x Move twice as slowly	17  Take deep belly breaths	18  Meditate	19  Meander around town	20  Call a friend
21  Write in a journal	22  Notice your body	23  Buy some flowers	24  Find a relaxing scent	25  Walk outside	26  Go for a run	27  Eat a meal in silence	28  Take a bike ride	29  View some art	30  Create your coffee break
31  Take some photos	32  Turn off all electronics	33  Go to a park	34  Pet a furry creature	35  Make something creative	36  Read, watch something funny	37  Examine an everyday object with fresh eyes	38  Drive somewhere new	39  Go to a farmers market	40  Forgive someone
41  Color with crayons	42  Do some gentle stretches	43  Make some music	44  Climb a tree	45  Write a quick poem	46  Let go of something	47  Put on some music and dance	48  Engage in small acts of kindness	49  Read poetry	50  Give thanks



You deserve breaks.

Taking time for yourself isn't a luxury—it's essential. Even a few minutes can help you reset, recharge, and return to what matters most.



Be kind
to yourself
today.

