TAKE A BREAK

Engage in small acts of kindness

Read or watch something funny

Go to a park

Listen to music

Do some gentle stretches

Meditate

Write in a journal
Go for a run

Listen to a guided relaxation

Let go of something

Let out a sigh

Find a relaxing scent

Write a letter

Drive somewhere new

Turn off electronics
Pet an animal
Put on some music and dance
Read a book
Paint
Climb a tree
Rest your legs up on a wall
Create your own coffee break
Light a candle
Take a bike ride

Take slow deep breaths

Take a bath

Move in slow motion

Walk outside

Learn something new

Watch the stars

Buy some flowers
Take a nap

Watch the clouds

Call a friend

View some art

Watch the clouds

Garden

Color with crayons, markers or pencils

Tighten and relax each part of your
Forgive someone
Give Thanks
Fly a kite
Make some music
Read poetry or write a poem
Eat a meal in silence
Go to a farmer's market
Go to a body of water
Eat a meal in silence
Give Thanks