



TAKE A
BREAK



Engage in
small acts
of kindness



Listen
to
music



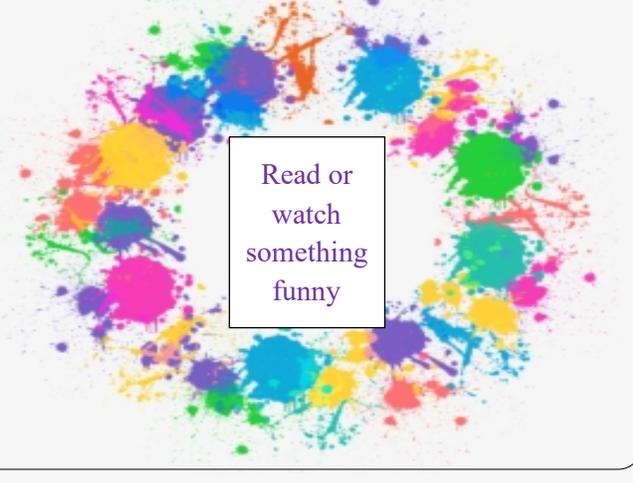
Do some
gentle
stretches



Meditate



Write in a
journal



Read or
watch
something
funny



Go to a
park



Go for a
run



Listen to a
guided
relaxation



Let go of
something



Let out a
sigh



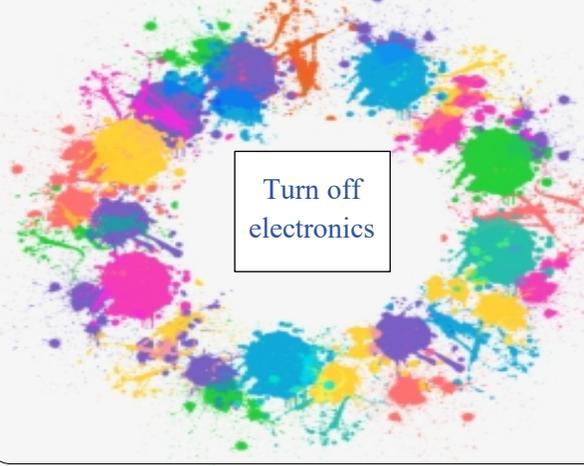
Find a
relaxing
scent



Write a
letter



Drive
somewhere
new



Turn off
electronics



Put on
some
music and
dance



Pet an
animal



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



Walk
outside



Take slow
deep
breaths



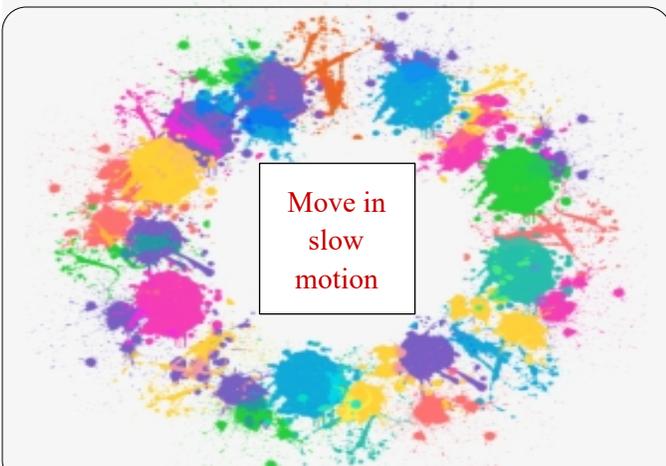
Learn
something
new



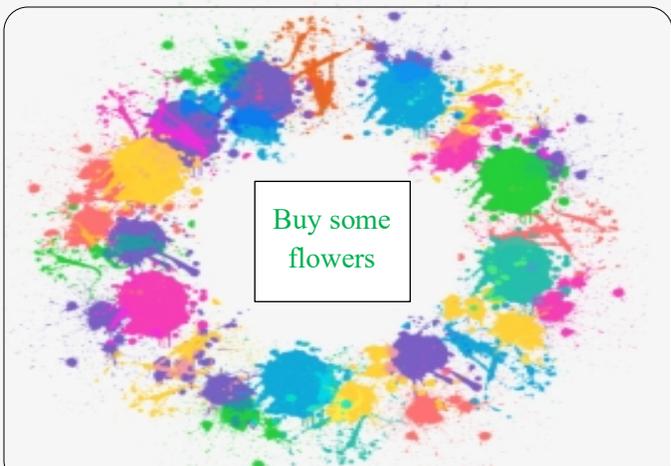
Take a
bath



Watch the
stars



Move in
slow
motion



Buy some
flowers



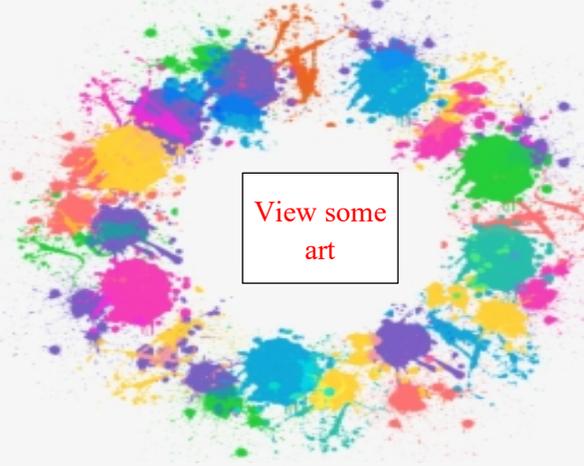
Take a nap



Do yoga



Call a friend



View some art



Watch the clouds



Garden



Color with crayons, markers or pencils



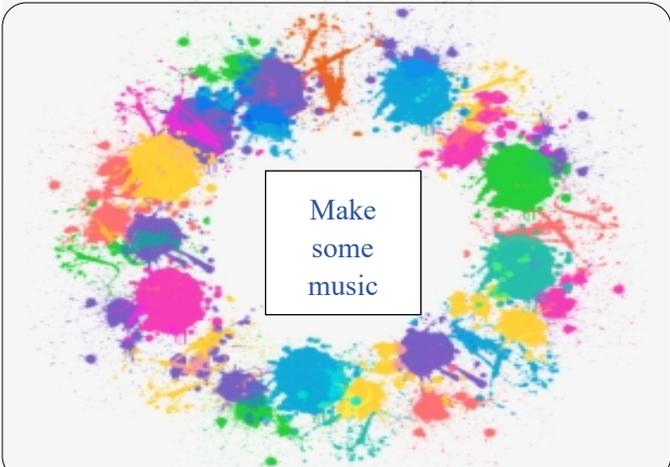
Tighten and relax each part of your



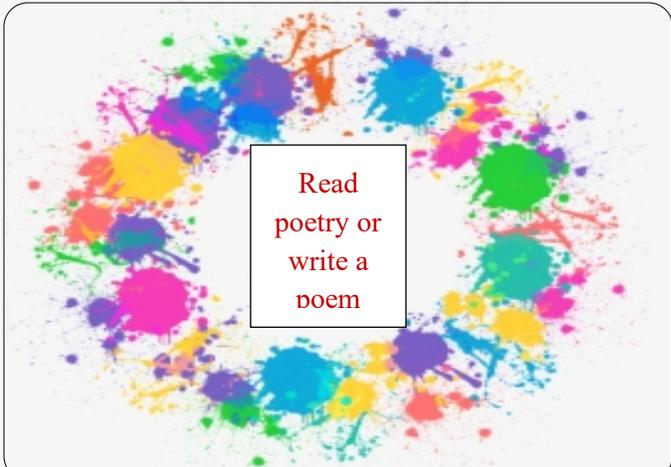
Forgive
someone



Eat a meal
in silence



Make
some
music



Read
poetry or
write a
poem



Go to a
farmer's
market



Go to a
body of
water



Fly a kite



Give
Thanks

