AWBW
50 Ways to Take a Break

step outside and get air

read a book

spend time with loved ones

take a nap

check-in with a friend

redecorate

send a message of love

journal

watch a ted talk video

give a hug

engage with my senses (taste, smell, feel)

pull an affirmation card

spin the google earth globe

sing a song

smell some flowers

go on a short walk or try a 1 minute exercise

use aromatherapy or crystals

light incense

snuggle a fur friend

garden

plan my future

color in a mandala

create digitally

meditate

gaze out a window

dance or listen to music

take a drive

crochet

make music

collage

drink water

take a deep breath or count

perform a random act of kindness

write 3 things I'm grateful for

take a photo or look at pictures that bring you joy

make a cup of tea, latte or coffee

create with markers or paint

connect with a puzzle

daydream

eat a tasty snack

cook a meal

lay on the floor and let gravity take everything

try stretching (cat and cow)

write an affirmation on a post-it note

Adapted from Karen Horneffer-Ginter, Ph.D.