



15 ways to take a break

1 
Go for a bike ride

2 
Learn something new

3 
Watch something that makes you laugh


4 
Meditate

5 
Play a sport

6 
Call a friend

7 
Take a bath

8 
Dance

9 
Write a letter to yourself or someone else

10 
Turn off all electronics

11 
Go for a walk

12 
Read a book

13 
Have a cup of tea or coffee

14 
Go to a park

15 
Listen to music