

NEED A BREAK? PRESS PAUSE.

Breaks are a crucial component of the working and learning processes. And far too frequently, we either forget to take them or take breaks that aren't as restorative as we require and desire. Check out these ways to take a break:

Create a poem.

DRESS UP!

Tell someone why you're grateful for them.

Create a vision board for your semester goals.

Create your favorite list of songs.

Make a list of things you like/enjoy that start with each letter of the alphabet.

Dream-cast a movie, or worst-cast it.

Take a 15-20 minute power nap.

Turn off your cell phone and close your eyes for 10 minutes.

Create a list of everything you are grateful for.

Sing out loud.

EXERCISE

Meditate & stretch.

Doodle on a piece of paper.

GET CREATIVE
Draw/paint/build what you see, what you imagine, what you want to see.

Create your favorite snack or favorite meal.

Reconnect with nature.

REST
CLOSE
YOUR
EYES.

Challenge a friend to a game of [GAME].

Create something.

Rewrite the ending of that movie that ended wrong.

DRINK A BOTTLE OF WATER.

Water a plant.

Write 10 self affirmations.

BUILD IT!
Create a structure with legos.

Write a letter to your future self ten years from now.

Learn to play a song you like.

Go for a ride.

Take a walk.

Join a book club.

Journal.

Complete a word puzzle.

Take a deep breath.