• Practice restorative sleeping habits.
• Discover spiritual habits useful for relaxation.
• Know how many days in a row you can work before needing a break.
• Select exercise that you can most enjoy.
• When is the last time you had positive physical contact with someone?

• Accept what you cannot change and focus on what you can change.
• Acknowledge what you do well and celebrate success.
• Remember you have limits and honor them.
• Find ways to laugh and enjoy life that help you maintain realistic optimism.

• How do you define or explain your sense of purpose?
• Are you living your values at home and in your work?
• Are you satisfied with how you are living your talents?
• Discover how spirituality fits into your life.
• What are you willing to struggle for in life?

• Who can you turn to for support—what type of support does each person offer?
• In what ways can you support others?
• Is there someone you want to start being more genuine with?
• Who is a role model of who you want to be in your work and life?

50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- Let out a sigh
- Fly a kite
- Read a Book
- REST your legs up on a wall
- Sit in NATURE
- Watch the stars
- Learn something NEW
- Write a Letter
- Move twice as slowly
- Call a Friend
- Notice Your Body
- Buy some Flowers
- Walk outside
- Go for a run
- Create your own coffee break
- Examine an everyday object with Fresh Eyes
- Go to a Park
- Pet a furry creature
- Drive somewhere NEW
- Go to a Farmer's Market
- Give someone a hug
- Make some MUSIC
- Climb a tree
- Print on a surface other than paper
- Write a quick poem
- Put on some music and DANCE
- Color with crayons
- Stretch
- Read poetry
- Engage in small acts of KINDNESS
- Give Thanks

Created 3/23/20 Revised 3/25/20 ACH Mission and Spiritual Care, SFlint