

# Weekend Breakaway

After working for five days, anybody would be exhausted. The weekend offers a chance to rejuvenate yourself physically and mentally.



**D**O spending long hours at the office make you feel stressed, and you just need to unwind? Now that you have taken time off, what next? This article will help you decide how to relax.

**1 Leave work at work** - You have done what you could to finish up before the week started, and there are still people in the office who are able to cover for you. So let work remain where it is and not come home with you for this weekend.

**2 Look for ways to unwind properly** - Your first impulse will naturally be to ask yourself: "What can I do to start relaxing?" You may be surprised, but this is actually the wrong question to ask. Instead, ask yourself:

"What should I not do to relax?"

First, if you are going to unwind, you shouldn't be planning a lot of activities. Just relax around home.

Watch the Astro movie you recorded several months ago. Finish the web project you started six months ago. Sit back and read a book. Just do what you always wanted to do but didn't have time for.

**3 Go for walks in your local neighbourhood.** - Reacquaint yourself with things that have changed while you have been too busy to notice.

**4 Spend time with the kids** - Kids know how to relax innately and following their lead is a great thing to do.

**5 Spend lots of time with your pets** - Pets will relax you a great deal, and it's a good excuse to catch up on missed playtime.

**3 Isolation is key** - If you feel stressed out by co-workers and friends, take a break from them. Yes, do the unthinkable - turn off your phone, and don't check your work related e-mail.

Resist the urge to 'just look'. You want to avoid things that stress you, and since you never know what is written in those emails, play it safe.

**5 Spend more time away from the computer**, even if you usually like to use it for relaxing. Take a rest from constant interaction, typing, and thinking, which will do you a world of good. You are more likely to get through your reading piles, neglected hobbies, and new recipes if you use your time wisely.

**4 Get away from it all** - If you are tired and worn out from the fast-paced city life, try something else for a while. Go camping in the park, go fishing, or just go for a drive down a quiet road. Go somewhere where you feel calm and relaxed. Perhaps someone you know has a farm or cottage you can go for a complete relaxation.

**5 Occupy your mind** - Keep your mind on things other than work so you may distract yourself from any work concerns. Also try to forget any re-occurring worries in your mind. Think only about things that make you feel happy. Remember, the weekend is about you and don't let anything ruin it.

**5 Do puzzles, crosswords, and play board games** - You will enjoy the different intellectual stimulation they provide and discover they are really relaxing at the same time.

**6 Pamper yourself** - Take some time out to treat your body as well as to relax your mind. Some great ideas include: getting a massage, visiting a spa, having a new haircut, and taking luxurious baths.

Realise the benefits of time off from work. You will be refreshed, and your body gets to stand, sit, lie down, and move in different positions from the usual.

Your mind gets to stop staring at computer screens, fine print, manuals, whatever; for the whole weekend.

This will help to restore creativity, improve your thinking, sense of perspective, and restore your energy levels.

- Compiled by 1Klassifieds Team

