

# Do it for you

Choose some time for yourself and schedule it in as we can go straight into to doing chores and errands without having time to help us unwind ready for the week.



Phone a friend to chat about the school holidays gone and having a catch up can really help us see we often all feel the same after the school holidays and some catch up with friends



Schedule time in your planner to catch up on a good TV series with a treat of your choice after a busy week



Go for a bus or train ride and explore different places and take a friend with you or meet up with someone to explore, and be somewhere new.



Make a nice meal for one and use it to read a book or listen to an audio book

