

6 Weekly Wellness Tips

Use Mondays to reset and plan the week or Sunday evening once if you have kids have gone to bed



Set a day or time just for you so you can have free choice time and catch up on journaling and reflecting on your life.



Spend time doing top to toe cleansing and a facial and body scrub and have some good skincare and helps us to look after ourselves which we often neglect.



Spend some time listening to your thoughts and just let your mind wonder and concentrate on your breathing taking in of what is around you



Make yourself a nice bit of lunch, put on a podcast, listening to music or audio book and enjoy every bite

