

# Weekly Cheat Sheet

## Suffering with Burn out



Do a digital Detox

Have an afternoon nap

Do some painting

Meet up with with a friend

Eat out in a park

Do a reset a day

Do a puzzle or play a card game

sort out your wardrobe

Cook a meal you love

Do a bit of gardening

Go on a bus ride

Go to the theatre or cinema

Catch up on some TV

Listen to the radio

Do some Scrapbooking

Go on a boat ride

Take a trip to the seaside

