



10-DAY HOME RETREAT

Looking after ***YOU***

YOUR NEXT 10 DAYS

This 'retreat' has been designed to boost your mind, body and soul.

Redundancy is stressful and it's so important to remember to look after yourself and have a break during this time.

You can follow the days in order, from 1 through to 10, or you can swap them around to suit how you are feeling (or the weather!)



ACTIVITIES

Day 1

Embrace PJ life!
Have a day to yourself and watch tv in your pyjamas

Day 2

Get out of the house and go for a walk to a park or the countryside

Day 3

Music soothes the soul, so make a playlist of your favourite happy songs

Day 4

Create a vision board for your dream future - get excited about the possibilities!

Day 5

Try some yoga stretches - this will make your body (and mind!) feel amazing

Day 6

Put on your happy playlist and have a clearout of your old clothes

Day 7

Do a guided meditation - try a short, 10 minute one from Daily Calm (Youtube)

Day 8

Do something nice for someone else - make them feel good and you will too

Day 9

Treat yourself to lunch with friends - you deserve it

Day 10

Have a home spa day to finish the challenge in style! Bath, face mask, music, nails... prosecco?

See following page for more details...



ACTIVITIES

Day 1 PJ therapy! Sometimes we just need to STOP. Whether it's thinking about our plans, housework, family...that never-ending to-do list. Take a break. Have a day off, a little holiday to yourself. Stay comfy and cosy in your jammies and binge-watch your fave series. Enjoy it, you deserve a rest.

Day 2 Fresh air & exercise! Getting out of the house works wonders for your mental health. So does moving your body. Even when the weather isn't nice, it still benefits you hugely to get out of the house and have a change of surroundings. Walk quickly to get your heart rate pumping, or just take your time and enjoy the scenery.

Day 3 Music therapy! Music can have such an effect on your emotions.

Day 4 Create a vision board for your dream future - get excited about the possibilities!

Day 5 Try some yoga stretches - this will make your body (and mind!) feel amazing



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THANK YOU FOR JOINING IN!

I hope you have enjoyed your 10 day retreat!

This was designed to boost your mind, body and soul.

I hope you will continue to enjoy some of the things you've been doing the past 10 days.

Redundancy is stressful and it's so important to remember to look after yourself and give yourself a break during this time.



THANK YOU FOR JOINING IN!

