

REST AND RELAX

Your mind and body needs rest. So give rest to them.

The entire week you were busy with your schedule and targets. You've worked hard the six days completely. Take a day off. Do as little as you can. Rest days are as important as working days.



Rest allows your body to recover from the wear and tear that took place throughout the week. It prepares you for the week ahead. Whenever you give rest to your body the impact will be there on your work. This will give productive work. You're more likely to be productive if you've given yourself enough time to recuperate. Rest also improves your ability to concentrate and make rational decisions.



Our minds will be always preoccupied with our works and thoughts. Give your mind rest from gadgets and news. You could watch something that soothes your mind. Engage in activities that make you feel calm - listening to instrumental music, stroking your pet, practicing mindfulness, painting, give time to do what you really wanted to do.



Today's work culture has a much impact on sleep. Teach your children, the benefits of a good night's sleep and a day's rest. Many teens and adults underestimate the repercussions of poor sleep habits. Several mental health problems stem when people compromise on sleep and exhaust themselves. Make it a family practice that everyone is in bed at a fixed time every night but not according to individual timings. Ensure that weekends are meant to rejuvenate. Have a relaxed Sunday.

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