

### Where has the weekend gone?

We are in week 5 of the 'lock-down' and many of the people we are talking to are sharing that they have established some kind of a new normal. For some this is a clear structure and routine but for others it's still fairly fluid and irregular.

Now feels like a good time to have a think about ideas on structuring a week and particularly working out how to **ensure that you have a weekend** (whether the traditional Saturday and Sunday or other days in the week).

Days just seem to meld into one and sometimes it's hard to recall what day it is, never mind the date! We are not following the same patterns of approaching the weekend that we did before, such as physically leaving a place of work to drive home, a change of who you see in and around your house (such as a change in carers, having friends or family over to visit), activities or trips that you do on particular rest days (football, dancing, boxing, Scouts, the Pub), going on shopping trips etc.

Most of us have signals or cues that connect us to a transition from the week to the weekend. When movement is restricted, it's hard for us to make the distinction.

### So, how do you protect what used to be your weekend?



#### Working from home?

- You may be set up in your kitchen, living room or bedroom. When you clock off for the weekend, tidy your work things away – out of sight completely – and return your temporary work space back into the leisure space it normally is
- If you can, switch your emails & other notifications off relating to work



#### Protect your routine

- Think about what you would usually do in the run-up to a weekend (other rest days) and see if you can do these in different ways (ideas below)
- If you always used to do specific chores on a Friday night (like throwing a wash on), maintain that routine



#### Here's looking at you kid - think about what you wear

- Do you normally dress in certain ways through the week to the weekend?
- Re-instate your week versus weekend clothes – it will make you feel different
- Fed up of "comfy clothes" - have sassy Saturday where you dress up nicely



### Food and Drink

- Lots of people are telling us that they are drinking more often, instead of 'saving it for the weekend'. Try and instil your usual routine so you can get the 'Friday feeling' in a more authentic way
- If you have cereals in the week for breakfast, switch it up at the weekend to toast or go the whole hog and have a cooked breakfast! (great excuse ☺)



### Who are you seeing?

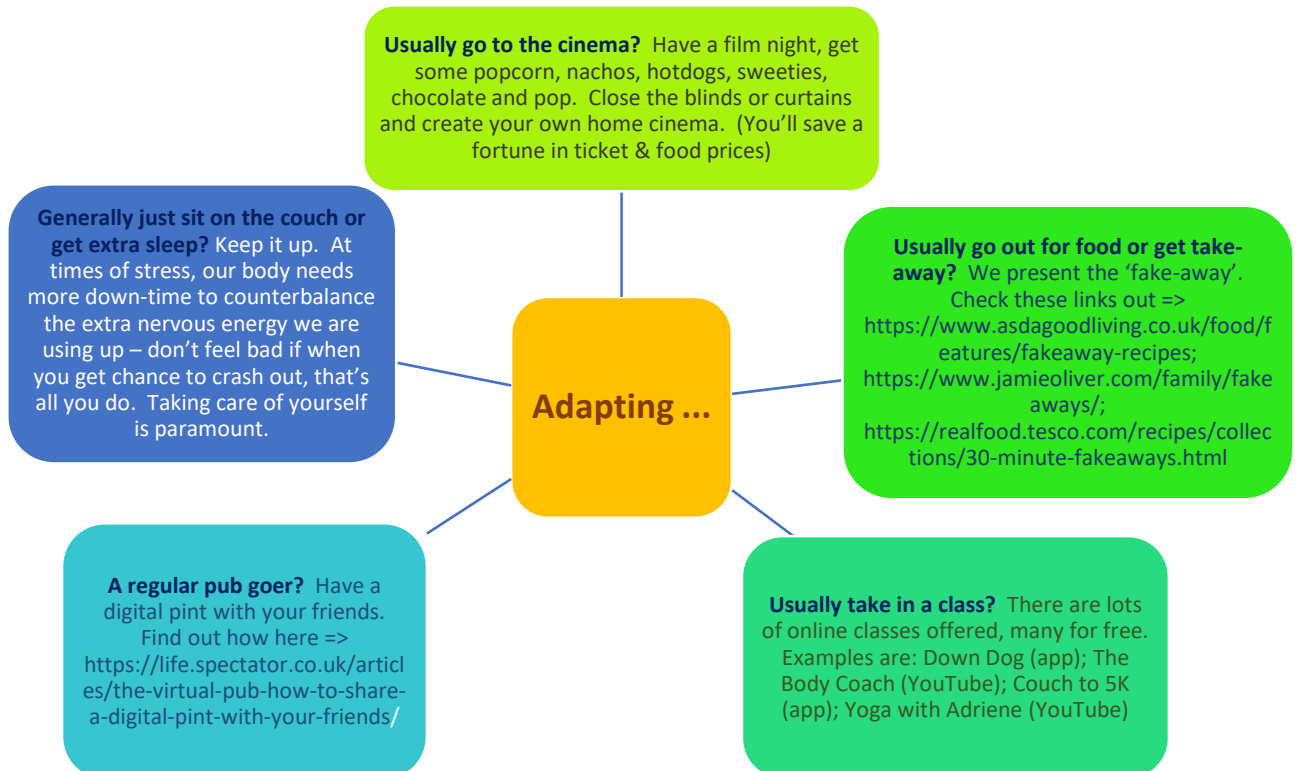
- We know we can't meet up in person with people outside of our own households, but why not get a gathering together via Skype, Zoom, House Party or using WhatsApp video calls
- Switch up your weekend time by 'seeing' people that are different to in the week



### Be intentional

- This means that you might need to be very purposeful about making a plan, ensure it's different to your weekday routine and then stick to it

**Get real!** I can't go out – how can I have a 'normal' weekend? Aha! This is where your inner creativity can run wild and free.



We hope you can find something helpful in this week's article. Although lock-down has been extended, keep in mind it won't last forever. Stay home and keep safe.

Tash, Catherine, Rach, Frankie and Sarah x