



How to separate your working week and the weekend

With many people working from home, it may often seem that your whole week feels the same as the weekend. However it is important for your overall health and well-being to make sure that your weekends do not merge with your working days. Maintaining a work-life separation helps to reduce stress and can prevent burnout. Here are some tips on how to make your weekend different from your working week:



Clear, and close down, your workspace

Make sure your work stays in your work-week as much as possible. You may not have a desk or a study to work in, and are therefore working in your living room or on your dining table. Either way, on your last working day for the week, when you are done with work, it's time to separate yourself from work. Clear your desk or work area and put your work papers out of sight and reach so you have clear entry/exit times for opening and closing your laptop.



Have some weekend 'rituals' to signal the difference

Focus on mini "rituals" - small symbols or actions that signify the shift or change - to weekend mode. Think of what you usually do on a weekend and try to replicate it as much as possible.



Dress up for the weekend

There is no reason to have a "work" wardrobe and "weekend" wardrobe right now (unless you have client virtual meetings) - but you still can and it makes a big difference. If you are wearing joggers and jumpers during the week, save your jeans and tops for the weekend. Or just dress differently to make some sort of distinction.



Plan your weekend

Do not wake up on your weekend with no idea of how your first day will go. A little planning can go a long way in making the best out of your time off. Plan a different meal from what you eat during the week; a bigger breakfast or a fancier lunch and dinner. Perhaps you could spend longer on a recipe or tackle something new and challenging that might need more time.

You can also plan virtual meet ups with your friends to enjoy your time off with them or take your favourite weekends activities online, such as online workouts or online movie nights with friends and family.

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