

A Healthy Week

Monday

Get up on time, remind yourself how good you feel about the start of a new week and back to work. And go through the week's agenda to prepare yourself.



Tuesday

Remind yourself that adequate sleep is very important, so no long nights, and no late mornings as well. And the morning exercise routine is not to be skipped to charge you up for the day.



Wednesday

It's half way down the week, and the pressures might get the better of you, so do the 'relaxation exercise', which will relax your mind and body. And it's time to ask your spouse and your kids how has their week being going and would they need you in any way.

Thursday

In the busy work routine, don't forget to call your spouse and remind her of the plans for the weekend. Smoking is going to make stress worse so stay away from it.

Friday

If its been a long time since you have seen your psychiatrist, then why not drop in at his clinic and release the pressures you have been feeling. And try to get over with your work so that you don't carry work for the upcoming Sunday.

Saturday

Today is the time for friends and spouse, take your spouse to a romantic outing, or go partying with friends, but no long night, and remember drinking is to be totally avoided.



Sunday

No work today, and today you spend some time with your children, and take them out, share with them their week so you don't miss in on their lives. And before you go to sleep, remind yourself of all the good things that happened to you in the week, and tell yourself that you look forward to Monday morning.