

10 JOYFUL ACTS FOR YOUR DAY OFF

No chores. No admin. No guilt. Just you.

ONE	Stroll by Water & Bramble Wander somewhere wild and whispery let blackberry bushes and glimmering water soothe your soul.
TWO	Dusk Walk in the Woods (Dog Optional, Wonder Essential) As the light fades, let nature slow your nervous system. Breathe. Listen. Reset.
THREE	Sofa Surfing & a Marvellous Mag Wrap up in something soft, sip something soothing, and flip through pages that see you. Bonus points if it's NOT JUST A CHILDMINDER.
FOUR	Shopping Trip with Friends Whether it's vintage treasures or just snacks and giggles, surround yourself with the right kind of chaos.
FIVE	Ring Someone Who Feels Like Home Call, voice-note, or message. Connection counts, even if it's virtual.
SIX	Coffee with a Mate Unscripted, unfiltered, just you and someone who gets it. Let conversation do the healing.
SEVEN	Swim Poolside or Wild Float your stress away. Channel your inner otter. Bonus joy if it ends with fluffy socks and a hot drink.
EIGHT	Go Somewhere That Brings You Joy A garden centre, a museum, a forest, the coast... choose your haven and go.
NINE	Total "Do Nothing" Day Blanket. Binge-watch. Cake. Repeat. Nothing achieved, everything restored.
TEN	Fun That's Not Work No planning. No CPD. No activities. Choose fun that's just for YOU whether that's karaoke, crafting, or cloud-watching.