GoalTodo

How to take a real day off: one protected day, every week

Take a real day off every week

13 weeks · Mon, Nov 30 → Sun, Feb 28

Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

Choose your day and take it

Start

- [ ] Look back at the last seven days. For each day, write down the paid work, chores and caring you did
  15 min
- [ ] Choose the day this week with the least that can't move. Write down the essentials that still have to happen on it, such as meals, medicines, the school run or feeding a pet. Everything else waits
  10 min
- [ ] Tell the people it affects: the people you live with, and anyone at work who might expect to hear from you that day
  5 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You've had one day this week with no paid work and nothing done except the essentials you wrote down

Sticking point: There's no day without something on it. Take the essentials-only version: do what has to be done, such as meals and care, and nothing else. If a whole day really isn't possible this week, protect half a day, from lunch onwards, and build from there.

Dec 7–13
Week 2

Same day every week, and a backup

Set up

- [ ] Choose your usual day off and a backup day for weeks it won't work. Put both in your calendar as repeating events
  10 min
- [ ] Write your three rules for the day: no paid work, essentials only, and what you'll do about work messages
  10 min
- [ ] Write down the essentials for your day off again, and check nothing has crept onto the list that could be done another day
  5 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Your usual day and backup day are in your calendar, your three rules are written down, and you've had this week's day off

Sticking point: Your rota changes every week. Choose the day each time the rota comes out, and treat it as fixed once it's in the calendar.

Dec 14–20
Week 3

Work stays out of the day

Boundaries

- [ ] Turn off work email and work chat notifications for your day off, or sign out of them on your phone. Set them to come back the morning after
  10 min
- [ ] Set an automatic reply for your day off that says when you'll reply and who to contact if it's urgent
  5 min
- [ ] Agree with your manager, a colleague or your clients what happens if something urgent comes up while you're off, and who deals with it
  15 min
- [ ] Write down the essentials for your day off again, and check nothing new has crept onto the list
  5 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Work notifications are off for your day, people know who to contact instead, and you didn't check work on your day off

Sticking point: You're worried something will go wrong while you're away. Ask who could deal with it, and tell them. Most things can wait a day. If your job really does need you to be reachable, agree one short window to check, such as ten minutes at 5pm, and keep the rest of the day clear.

Dec 21–27
Week 4

Chores before the day, not on it

Clear the decks

- [ ] Write your clear-down list: the jobs that usually fill your day off, such as the food shop, washing, cleaning, paperwork and errands
  10 min
- [ ] Do the clear-down before the day: food in, washing done, and anything that can't wait finished. Spread it across the week if one evening isn't enough
  30 to 60 min
- [ ] Make the day's food easy: leftovers, something simple or a meal made the day before
  15 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Your clear-down list is written, and your day off had no chores on it beyond your essentials

Sticking point: The list is too long for one evening. Spread it over the week, move some jobs to next week and let some go. A slightly messier home for one day is fine.

Dec 28–Jan 3
Week 5

Decide what the day is for

Choose

- [ ] Before your day off, choose what it's for this time: rest, people, play or nothing at all. Write down one or two things you'd like to do, and nothing more
  10 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You took your day off for the fifth week running, chose what it was for, and spent at least part of it that way

Sticking point: The plan for the day turns into another to-do list. Keep it to one or two things and leave the rest open. A day off with nothing ticked is still a day off.

Jan 4–10
Week 6

When it feels wrong to stop

Settle

- [ ] Keep a notepad or a note handy on your day off. When a work thought or a chore pops up, write it down for tomorrow and go back to what you were doing
  a minute each time
- [ ] At the end of the day, write one line: how the guilt or restlessness felt, and whether it eased as the day went on
  2 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You had your day off and wrote work thoughts down for tomorrow instead of acting on them

Sticking point: You feel lazy, or restless, and want to do just one small job. That's common in the first few weeks if you're used to being busy. Write the job down, then do something with your hands or go outside for a while.

Jan 11–17
Week 7

Share part of it

People

- [ ] Ask someone to share part of your day off: a walk, a meal, a visit or a long call
  5 min
- [ ] Time with them, with work left out of the conversation
  1 to 3 hours
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You spent part of your day off with someone you like, and didn't talk about work for most of it

Sticking point: Your friends work on your day off. Meet them that evening, or share the morning with someone else who's free, such as a neighbour, a relative or a friend who works shifts too.

Jan 18–24
Week 8

When the day gets taken

Protect

- [ ] Write your plan B: if your day off gets taken, it moves to your backup day this week. If the backup goes too, you protect at least half a day
  10 min
- [ ] Write a short line you can use when someone asks for your day off, such as "I'm not free on Sunday, but I can do Monday morning", and say it out loud once
  5 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Your plan B is written down, and you've had this week's day off, on your usual day or your backup

Sticking point: Someone asks at the last minute and you say yes before you've thought. Give yourself time: "Let me check and come back to you." Then look at your plan B before you answer.

Jan 25–31
Week 9

Something just for fun

Play

- [ ] Spend part of your day off on something you enjoy for its own sake: a game, music, a hobby, a swim, something you used to love and stopped doing
  1 to 3 hours
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You spent part of your day off doing something just for fun, not to get anything done

Sticking point: It turns into a project, with goals and a deadline. Keep the goals for another day. Today it's allowed to be just fun.

Feb 1–7
Week 10

A slow day with no plan

Nothing

- [ ] Leave the day empty on purpose. Sleep in if you can, eat slowly, read, sit outside, and see where the day goes
  a whole day, or your protected half-day
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min

Done when: You had a day off with nothing planned, and didn't fill it with work or chores

Sticking point: An empty day feels uncomfortable at first. That's fine. If it gets too much, go for a walk, and let the rest of the day stay unplanned.

Feb 8–14
Week 11

How you're really doing

Check

- [ ] Count your days off since week 1, whole and half. Write down which ones felt like real rest, and what made them feel that way
  15 min
- [ ] Check in with yourself: in the last two weeks, have you felt low, exhausted or hopeless on most days, or found it hard to cope? If so, read "Before you start" again and make an appointment with a GP
  5 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: You've counted your days off, written down what made the good ones good, and checked honestly how you're feeling

Sticking point: The count is lower than you hoped. Every day off you had still counts. Look at what took the others, and fix the biggest thing first, often the chores or the work messages.

Feb 15–21
Week 12

Your own day off

Your own

- [ ] Write your day off on one page: your usual day and backup, your three rules, your essentials and clear-down lists, what makes a good day off for you, and your plan B
  20 min
- [ ] Put the page somewhere you'll see it, and tell the people you live with what's on it
  5 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Your one-page day-off plan is written, the people you live with know it, and you've had this week's day off

Feb 22–28
Week 13

Three months of days off

Three months

- [ ] Read back over your notes and your count of days off. Write down the three things that most helped your days off feel real
  15 min
- [ ] Change one thing for the next three months, such as a better backup day, a shorter clear-down list or a new idea for the day
  10 min
- [ ] The evening before your day off, or across the week: your clear-down list, so the jobs are done before the day starts
  20 to 60 min
- [ ] Your day off: no paid work, no work messages, and no chores beyond your essentials list
  a whole day, or your protected half-day

Done when: Thirteen weeks of days off, whole or half, and one change chosen for the next three months

Milestones

Sun, Dec 6	Your first real day off
Sun, Dec 27	A month of weekly days off
Sun, Feb 28	Three months of them
Sun, May 30	Six months of them

How to take a real day off

A real day off is a day with no paid work, no work messages, and only the chores that can't wait. You choose one day a week, clear the jobs that would fill it beforehand, switch work off, and decide what the day is for: rest, people, play or nothing at all. If a whole day isn't possible in your life right now, a protected half-day, or a day with only the essentials, still counts.

The plan follows the four steps on your goal board: take one whole day off, then a month of weekly days off, three months of them and six months of them.

Each week adds one thing. First you take the day. Then you fix it in your calendar with a backup, switch work off for it, move the chores to the days before, and choose what the day is for. After that come the harder parts: the guilt and restlessness of the first few, sharing the day with people, and what to do when the day gets taken. Near the end you check how you're really doing, and write your own one-page day off.

What counts as a day off:

- no paid work, and no checking work email or messages
- no chores beyond your essentials list: the things that really have to happen, such as meals, medicines, the school run or feeding a pet
- a half-day counts, if half a day is what you protected on purpose

Every week has the same two things in it: the day off, and a clear-down the evening before, or across the week, so the jobs are done before the day starts.

The milestones count from the first day of week 1: your first day off by day 7, a month of weekly days off by day 28, three months by day 91 and six months by day 182.

Which level to pick

▪ I work or do chores every day: most weeks have no day without paid work, a second job, housework or caring. 13 weeks, to three months of days off. You start with whatever day you can get, even an essentials-only one.

▪ I get days off but can't switch off: you have days without paid work, but work messages, worry or chores fill them. 8 weeks: you start by noticing what follows you into the day, then switch it off one thing at a time.

If you're not sure, pick the first level. Both lead to the same habit: one protected day a week.

Before you start: when it's more than tiredness

A day off helps with everyday tiredness and stress. It can't fix a job or a caring load that's too much on its own, and it isn't a treatment for burnout or depression.

Burnout is how the World Health Organization describes the effect of long-term stress at work that hasn't been successfully managed. It has three signs:

▪ feeling drained or exhausted

▪ feeling distant from your job, or negative and cynical about it

▪ doing your job less well than you used to

The WHO counts burnout as a work issue, not a medical condition, and uses the word only for work. Carers and parents can be worn down in a very similar way, and that matters just as much.

See a GP or doctor if:

▪ your mood has been low for 2 weeks or more: that could be a sign of depression

▪ you're struggling to cope, or stress is affecting your daily life

▪ you feel exhausted most days, and the things you're trying, including days off, aren't helping

In England, if you're 18 or over (16 in some areas), you can refer yourself to NHS talking therapies without seeing a GP. In the US, start with your primary care provider.

If you're thinking about harming yourself or ending your life, get help now. A mental health emergency is as serious as a physical one.

▪ UK: call 111, or 999 or go to A&E if a life is at risk. You can talk to Samaritans on 116 123.

▪ US: call or text 988, the Suicide & Crisis Lifeline. Call 911 if a life is in danger.

▪ Australia: call Lifeline on 13 11 14, or 000 in an emergency.

▪ Anywhere else: call your local emergency number.

If work is the problem, it's worth talking to your manager, your union or an occupational health service if you have one. If you're a carer, ask for help with the caring too: see the section on carers below.

Why rest matters

Stress is usually a reaction to mental or emotional pressure, and pressure at work, money worries and caring for someone are among the things that can cause it. A little stress can help you get things done. Too much, for too long, wears you down.

Rest is more than not being at work. Researchers who study how people recover from work look at a few things:

▪ psychological detachment: mentally disconnecting from work, not just leaving the building

▪ relaxation: time for leisure

▪ mastery: learning or trying something new

▪ control: choosing for yourself how you spend your time

In one study of 401 full-time employees at a university, people whose supervisors supported their recovery were more likely to have these experiences, and less likely to keep thinking about work at home. They also

felt less emotionally exhausted, and had fewer health complaints such as headaches, backaches and problems sleeping.

That's why this plan is about your head as much as your calendar. A day at home answering work messages, or spent catching up on every chore, isn't a day off. When you look at how much you work, count the hours you spend worrying or thinking about work too: they're a good sign of work-related stress.

Your right to rest

In the UK, most adult workers have a legal right to weekly rest: either an uninterrupted 24 hours without any work each week, or 48 hours each fortnight. They also have a right to 11 hours' rest between working days. Some workers, including many shift workers, get compensatory rest instead, which makes up for the breaks they miss. Your contract may give you more. GOV.UK has the details, and Citizens Advice has free information on your rights at work.

In Australia, the right to disconnect started on 26 August 2024, and on 26 August 2025 for small businesses. It lets employees refuse to monitor, read or respond to contact from their employer, or from people like clients, outside their working hours, unless refusing is unreasonable. In most cases that means you don't have to answer, or even read, an email that arrives after hours. Refusing is unreasonable when the contact is required by law, and the law also weighs things like whether you're paid extra to be available and your own circumstances, such as caring for children. Some other countries have rules like this too, and some employers have their own policy, so check what applies where you work.

Not everyone can push back. If you're on a zero-hours contract, worried about losing your job, or need the long hours to pay your bills, speaking up can feel unsafe or impossible. That's not a failing. Start with what you can control: the chores, your phone, and a protected half-day if a whole day isn't possible yet.

Boundaries with work

- Switch work off for the day. Turn off work email and chat notifications, or sign out of them on your phone, and set them to come back the morning after. If you use your phone a lot, the Spend less time on my phone plan has more on quieting it.
- Set an automatic reply that says when you'll answer and who to contact if it's urgent.
- Agree cover. Tell your manager, a colleague or your clients which day you're off and who deals with anything urgent. Most things can wait a day.
- If you really must be reachable, agree one short window to check, such as ten minutes at 5pm, and keep the rest of the day clear.
- Don't send work messages on your day off either. Every message you send invites a reply.
- If you're self-employed, no one gives you a day off: you set it. Put your working days on your invoices, your website or your email signature, and stick to them.
- If you manage people, take your own day off and say so. Not contacting people out of hours, and encouraging them to rest, helps your team take theirs.

If you're a carer, a parent or work shifts

A real day off can look different, and still count. It might be a protected half-day, or a day with only the essentials: simple meals, medicines, the school run, and nothing else. Be kind to yourself about what's possible this month, and build from there.

If you care for someone, a break matters: it gives you time to look after yourself and helps stop you becoming exhausted and run down. Some ways to get one:

- Ask family or friends to take over for a few hours, on the same day each week if they can. Write a short note for them about what the person you care for needs.
- Sitting services: some charities and carers' organisations offer a trained volunteer who keeps the person you care for company, usually for a few hours at a time. These are often free or low cost.

▪ Respite care: day centres, paid help at home, or a short stay somewhere, while the person you care for is looked after by someone else. In the UK, your local council or local carer's centre can tell you what's available, and a needs assessment and a carer's assessment can help with the cost.

If you're a parent, take turns with a partner, a relative or another family: one of you has the morning off while the other has the children, and swap next time. Children can share an essentials-only day: easy meals, play, the park, and no housework.

If you work shifts, your day off may move every week. Choose it each time the rota comes out and put it in your calendar straight away. Try not to make your only day off the day after a run of night shifts: that day often goes on catching up on sleep. If you can't get the weekly rest you're entitled to, ask about compensatory rest.

Clearing the decks the day before

The chores that fill a day off are mostly the same every week. Move them to the days before.

▪ Write a clear-down list in week 4 (week 3 on the second level): the food shop, washing, cleaning, paperwork, errands.

▪ Do it the evening before, or across the week. Twenty minutes a day for a few days is easier than one long evening.

▪ Make the day's food easy: leftovers, something simple or a meal made the day before.

▪ Let some things go. A slightly messier home for a day is fine. So is a job moved to next week.

▪ Share it out. If you live with others, the clear-down is a job for everyone, not just you.

What's left on the day is your essentials list: the things that really have to happen. Keep it short, and check it every few weeks for jobs that have crept back on.

What the day is for

Before each day off, choose what it's for, and write down one or two things. Not a schedule: just a direction.

Rest

▪ Sleep in, or have a nap

▪ Read something that isn't for work

▪ A long bath, a slow breakfast, sitting in the garden or the park

▪ A slow walk with nowhere to get to

People

▪ A meal or a walk with a friend or relative

▪ A long call with someone far away

▪ Time with your children or partner where nobody is rushing

Play

▪ A hobby you've let slide, or one you've always meant to try

▪ Music, a game, cooking for fun, making something

▪ A swim, a bike ride, a day out somewhere new nearby

Nothing

▪ No plan at all. See where the day goes.

If you'd like a list of things that make a good day for you, the Be happier plan helps you find three. For a longer break from screens, try Spend a weekend offline.

The guilt and restlessness of the first few

If you're used to being busy, the first few days off can feel wrong. You may feel lazy, guilty, bored or on edge, or keep thinking of things you should be doing. It doesn't mean you're doing it wrong. Give it a few weeks before you judge.

- Write it down and leave it. Keep a note handy. When a work thought or a chore pops up, write it for tomorrow and go back to what you were doing.
- Do something with your hands or your body. Cooking, gardening, a walk or a swim are easier than sitting still when your mind is racing.
- Notice how you feel by the evening, and the next morning. That's the real test of a day off, not how it felt at 10am.
- Remind yourself why. Rest isn't time stolen from work. It's part of what lets you do the rest of your week.
- If sitting with your thoughts is hard, a few minutes of breathing or meditation may help: the Meditate every day plan starts with five minutes.

When the day gets taken

Some weeks it will: an emergency at work, a sick child, a family visit.

- Move it, don't drop it. Your backup day is for exactly this.
- If the backup goes too, protect half a day. A short day off keeps the habit going.
- Have a line ready for people who ask for your day: "I'm not free on Sunday, but I can do Monday morning." Or, if you need time to think: "Let me check and come back to you."
- Don't make up for it with two days next week. Just have the next one.
- If it keeps happening, look at why. If it's work, talk to your manager about cover, and check your rights. If it's caring, look at the section on carers above. If it's you saying yes, practise your line.

What you need

- A calendar with your day off and your backup day as repeating events.
- Two short lists: your essentials for the day, and your clear-down list for the days before.
- An automatic reply and work notifications you can switch off.
- A notepad or note for work thoughts that pop up on the day.
- Someone to tell: the people you live with, and whoever covers for you at work.
- No money. Most good days off are free.

Common mistakes

- Saving the chores for your day off. Clear them the days before, or it's just a different kind of work day.
- Checking work just once. Once becomes ten times. Switch it off, or agree one short window.
- Filling the day with plans. One or two things is plenty. Leave space.
- Waiting for a quiet week. It rarely comes. Book the day in and protect it.
- Giving up when the day gets taken. Move it to your backup, or take half a day.
- Thinking a half-day doesn't count. If you protected it on purpose, it does.
- Pushing through exhaustion that won't lift. If you feel low or worn out most days for two weeks or more, talk to a doctor.

Keeping it up to six months

After the last week there are no new tasks. Keep these going:

- Your day off, every week, with your backup day for weeks it won't work.
- The clear-down the evening before.
- Work switched off for the day.
- A look back every month or so: which days off felt like real rest, and one thing to change.

Six months of days off comes about three months after the last week of the first level. When the days start to feel the same, go back to the ideas above and try something new. And if a hard patch takes your days off for a while, start again with a half-day, and build back from there.

If you fall behind

Missed 1 week: Missed a week? Take your next day off as usual. Don't take two next week to make up for it. If the coming week looks full too, protect half a day.

Missed 2 weeks: Look at what took the days: work, chores, caring or saying yes to things. Move to your backup day, or choose a new usual day, then repeat the week you stopped on.

Missed 3 weeks: Repeat the week you stopped on, and go back over the boundaries week of your level: check work notifications are off for the day, your automatic reply is set, and someone knows they're covering for you.

Missed 4 or more weeks: Start again at week 1 of your level, with a half-day if a whole day feels too much. If you can't get any day without work, check your rights to weekly rest and talk to your employer, a union or Citizens Advice. If you feel low or exhausted most days, talk to a GP too.

Sources

World Health Organization
`https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases`
“Burn-out is included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon. It is not classified as a medical condition.”

World Health Organization
`https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases`
“Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

World Health Organization
`https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases`
“Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

GOV.UK
`https://www.gov.uk/rest-breaks-work/print`
“Workers have the right to 11 hours rest between working days.”

GOV.UK
`https://www.gov.uk/rest-breaks-work/print`
“Some workers are entitled to compensatory rest breaks, for example, shift workers.”

GOV.UK
https://www.gov.uk/rest-breaks-work/print
“A worker’s employment contract may say they’re entitled to more or different rights to breaks from work.”

Youth Law Australia
https://yla.org.au/sa/topics/employment/right-to-disconnect
“On 26 August 2024 a new law commenced called ‘the right to disconnect’ giving employees the right to refuse to monitor, read or respond to contact by their employer or third parties (like clients) outside of your work hours, if the refusal is ‘reasonable’.”

Youth Law Australia
https://yla.org.au/sa/topics/employment/right-to-disconnect
“This means that if your boss or a client emails you after hours asking you to do something out of hours, you can in most cases refuse to do the task, and can even refuse to read the emails or messages at all.”

Youth Law Australia
https://yla.org.au/sa/topics/employment/right-to-disconnect
“A refusal would also be considered unreasonable if the reason the employer is making contact is required by law.”

University of Arizona Eller College of Management
https://eller.arizona.edu/news/2016/09/how-supervisors-can-help-or-hurt-employee-recovery
“To examine the role that supervisors played in the recovery process, Gabriel and her co-authors had 401 full-time employees from a large North American university provide ratings of five recovery experiences—psychological detachment (mentally disconnecting from work), relaxation (taking time for leisure), mastery (taking time to learn new things), control (having autonomy in how time is spent after work), and problem-solving pondering (thinking about future work events).”

University of Arizona Eller College of Management
https://eller.arizona.edu/news/2016/09/how-supervisors-can-help-or-hurt-employee-recovery
“Results showed that when supervisors supported recovery, employees were more likely to use psychological detachment, relaxation, mastery, and control experiences in combination, and were less likely to continue thinking about work at home.”

University of Arizona Eller College of Management
https://eller.arizona.edu/news/2016/09/how-supervisors-can-help-or-hurt-employee-recovery
“These employees also felt less emotionally exhausted and experienced fewer health complaints like backaches, headaches, and problems sleeping.”

Mental Health Foundation
https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/work-life-balance
“Maybe that’s asking for flexible hours, making sure you use all your annual leave or not checking your emails at the weekend, for example.”

Mental Health Foundation
https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/work-life-balance
“Factor in hours spent worrying or thinking about work, too – they’re a good indicator of work-related stress.”

Mental Health Foundation
https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/work-life-balance
“It’s not always possible to make changes at work: if you’re on a zero-hours contract, you might not feel comfortable speaking up, for instance, or you might need to work long hours to earn enough money to pay your bills.”

NHS
https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/
“Stress is usually a reaction to mental or emotional pressure.”

NHS
https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/
“If you're 18 or over (or 16 or over in some areas), you can refer yourself directly without talking to a GP.”

NHS
https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/
“A mental health emergency should be taken as seriously as a physical emergency.”

NHS
https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/low-mood-sadness-depression/
“If you have a low mood that lasts 2 weeks or more, it could be a sign of depression.”

NHS
https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/low-mood-sadness-depression/
“If your low mood does not go away and the things you’re doing are not helping, then you may need medical help.”

NHS
https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carer-breaks-and-respite-care/
“Respite care means taking a break from caring, while the person you care for is looked after by someone else.”

NHS
https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carer-breaks-and-respite-care/
“It lets you take time out to look after yourself and helps stop you becoming exhausted and run down.”

NHS
https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carer-breaks-and-respite-care/
“Some charities and carers' organisations offer sitting services, where a trained volunteer keeps the person you care for company for a while – usually for a few hours at a time.”

This plan online	https://goaltodo.com/day-off-every-week
Reach it with others on Welang	https://welang.com/goals/day-off-every-week
Reach it on your own in HourLife	https://www.hourlife.com

This plan is a guide, not medical advice. See a doctor before starting if you have a health condition, are pregnant, or haven't exercised in a long time.