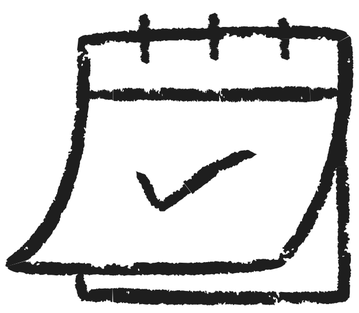
Recharging your batteries

How to really put the leisure into your leisure time

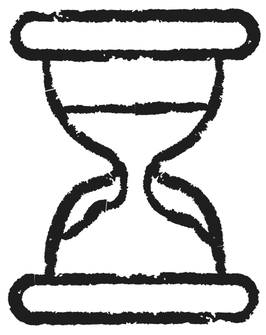
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How our non-working hours become stressful

When we talk about stress, we often think of professional challenges.



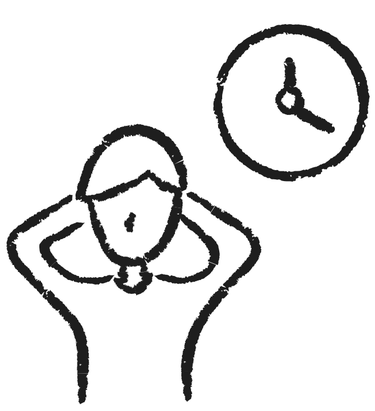
Well-deserved off-hours and weekends should be used to relax, but we often have almost as many appointments, commitments and planning demands in our free time as we do in our everyday professional lives.



Many people feel pressured to use their free time as efficiently, meaningfully, and socially as possible.
The result can be the feeling of non-stop performing in our private lives, constantly trying to fulfill obligations – whether real or imagined – to everything and everyone.



Believe it or not, such “leisure time stress” can have just as negative an impact on our mental well-being as job-related stress. **Finding the time – and cultivating the mindset – for mental and physical relaxation can be a real challenge.**



But it’s essential to give ourselves this break, to find ways to really “break free" from all tasks and responsibilities in our non-working hours to replenish our stores of energy and creativity.

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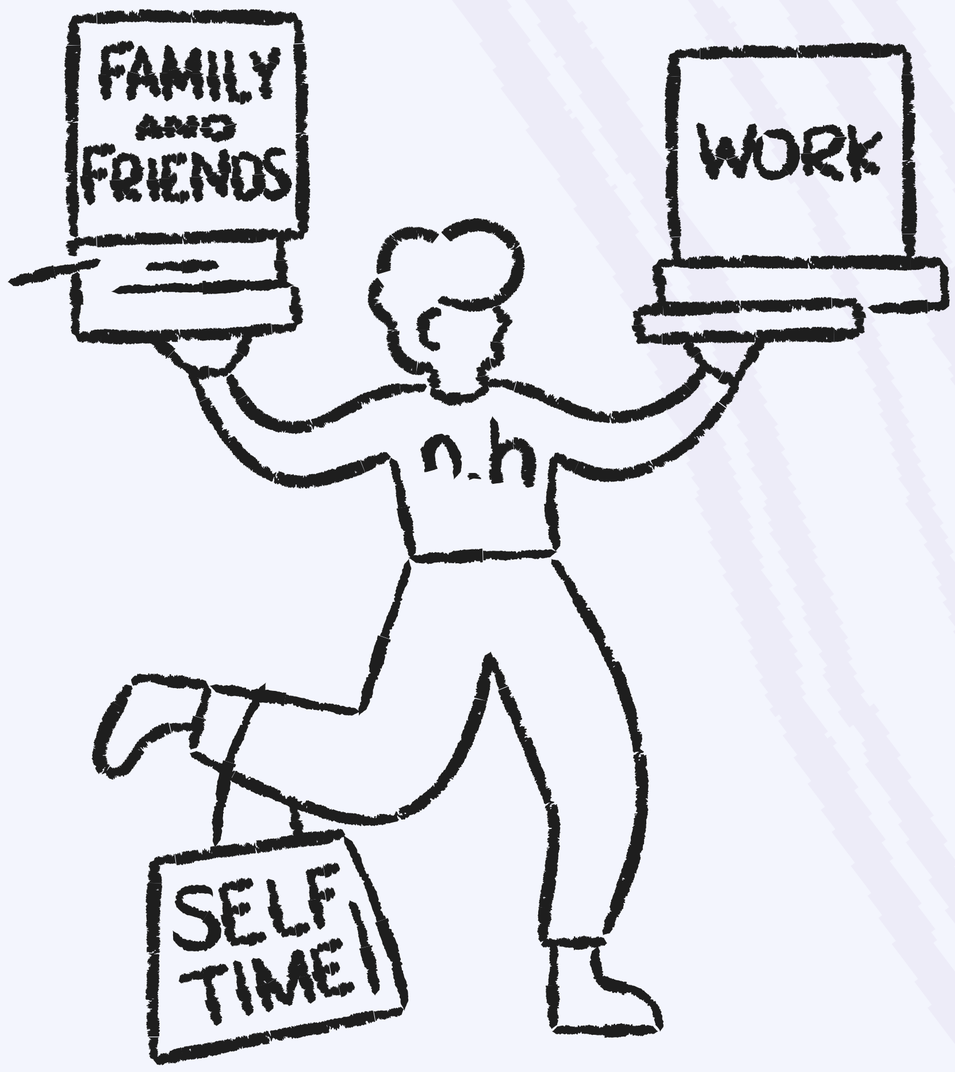
Finding the right balance

Everyone draws their strength from different sources.

- For someone who gets energy from interacting with people and having lots of appointments, finding downtime is not necessarily about canceling these activities altogether – it's about developing an awareness of the full spectrum of one's needs.

- Is the body signaling it needs stillness and rest? Does the mind wish for creative playtime or a dose of nature? Self-knowledge is key.

- But even if we know precisely what we need, how can we ensure the time is available in our calendars?



Relaxation and self-care basics

How can we eliminate the pressure and habit of trying to perform and succeed in our private lives?



Practice mindfulness

or leave a note – or notes! – reminding yourself to ask: What is good for me right now, what do I need at this moment?

Learn to communicate your needs

to others and cancel private appointments without feeling bad (ideally not at the last minute!).

Take *relaxed* time out

for yourself every day, even if it's just a few minutes.

Try to define digital breaks

we all tend to make ourselves available non-stop, especially for work communication. Give yourself permission to put your devices away once in a while – if necessary, informing team members you'll be offline.

Cultivate a hobby

The modern approach to mental health

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