



BALANCE IS THE MAIN THING

WHEN THE DAY IS DONE, SEE IF YOU CAN NOTICE 3 POSITIVE THINGS THAT YOU NOTICED DURING THE DAY – ABOUT YOURSELF, ABOUT YOUR FRIENDS/ COLLEAGUES OR IN THE WORLD AROUND US.

Tips and tricks that you can try with a team:

- Organise a virtual book club – make a list of inspiring books and encourage each other to read them. Agree to discuss the read books once a month. Share inspiring and funny moments or thoughts with each other.
- Organise a morning virtual tea or coffee ceremony where you reflect on thoughts and happenings from the weekend and set common objectives for the coming week.
- Share user manuals for handling stress with one another. Write down what it may seem like when you're stressed and what you would then like others to do or not do
- Share it with your friends or colleagues via social media or email. Length doesn't matter. We at Peaasi tried it and, to our surprise, found that we had so much in common! Know yourself, know your enemy. :)
- As with Secret Santa during Christmas, draw names in a lottery for a "Secret Friend" who you can focus your attention on, make compliments to or send flowers to that month.
- Cross out all the things from your weekly goals that aren't really all that important.
- Help someone! Studies show that doing favours for others also boosts our own wellbeing. So, help someone out! Be it a compliment to a friend or a donation to a charity. See if you can help someone out as a volunteer.
- Find at least half an hour this week to do something that you really want to do.

