TIME OUT AND SLOWING DOWN EXERCISE



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| **What works well for you in your typical working day? Why is this?** |
| **What doesn’t work so well? Having read the article is there anything you might want to do differently in your working day that would provide you with some/more time out?** |
| **How do you spend your weekends? Do they work for you in terms of coming back to the start of a working week refreshed, or do you come back tired?** |
| **Are there things you would like to do in terms of weekends differently to what you do now?** |
| **If you did an informal 360 review of family and friends (in essence, getting feedback from family and friends on how they see you) what would they say about how good you are at taking time out? What ideas might they have?** |
| **How good are you at booking holidays, or at least a regular periodic break to refresh your batteries?** |
| **List a handful of things you could do to make your working day/working week and periodic time away to really help you manage at work****1.****2.****3.****4.****5.** |