

## Relax - Have A Family Weekend!

Hard work is rewarding. There are no two opinions about it. The body and mind, however, need a break to enable them to function at optimum efficiency levels. That is one facet of hard work that most of us fail to realize. In situations where you are trying to make a niche for yourself for a quantum jump in life later on, you tend to forget that you need to give a rest to your mind and body periodically. Many working couples get so occupied with their work and deadlines that they fail to give themselves time to relax and have fun. Due to no evident reason, you may find that your efficiency at work is deteriorating. Weekend breaks prove to be very beneficial in overcoming fatigue. These tantamount to small holidays and can be managed very easily if you make a conscious effort. Weekend breaks revitalize your mind, ease tensions, and enthuse when you return to work. Weekend breaks, in fact, are worth the effort you make to take them. Weekend vacations are expensive, what with cost of travel shooting up and even bed and breakfast joints charging prohibitive rates. A weekend holiday, sometimes, becomes a bit of a problem especially for those who want to save up to build capital for the future. There are other options too for weekend breaks which are economical and at the same time as beneficial as a vacation. It is just a matter of applying your mind to find ways to take one. If you make up your mind on weekend breaks, making it a part of your schedule is a precondition. Unless you fix weekend break timing in your schedule, you will keep on procrastinating about it due to one reason or the other. Once you have done that you can look at myriad options and as you keep on taking weekend breaks regularly, you will automatically come across new ideas. The idea behind such inexpensive weekend breaks is simply to spend quality time with you spouse and / or family. Try scheduling one for Saturday and another for the Sunday. You can look at tending the flowers and the garden together. Take a bike ride together or with a friend. You could even try cooking and cleaning up the kitchen together rather than taking turns. Sometimes it is as simple as sharing dessert with neighbors or a visit to the nearby pub. The purpose behind a weekend break is not necessarily going out of town but spending and enjoying quality time together with the family, forgetting business and office worries for some time.

## About the Author

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