



Crystal Lake hiking trail, Mammoth Lakes California

Three ways to supersize your well-being



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Open Immersive Reader

Does it seem as though there aren't enough hours in the weekend? With the new year already in full swing, I'm feeling this more and more. Maybe it's because my kids are getting older and more involved with weekend activities. Or it could be that re-engaging in social activities feels new and fresh — and, let's be honest, a tad tiring. Whatever the reason, we need more hours!

I've been thinking about how to make the most of my time off and supporting my emotional and mental well-being at the same time, and I've come up with a few healthy habits I'm focusing on for this year. If you're thinking the same way and want to supersize your well-being, here are three ideas to consider.

1. Literally supersize your weekend by adding a day or two

You might be thinking, "Didn't we just come back from time off over the holidays?" Indeed we did. But there's no such thing as too much vacation time –

and it's never too soon to start planning! I find our two-day weekends go too fast as we juggle our activities (kids' softball games, birthday parties, playdates), errands, and all the other do-it-on-the-weekend stuff. Somewhere in there you need a bit of a breather.

Put that PTO you've earned to work for you! Schedule yourself a "me" day, before or after the normal activities kick in, to focus on you. Make what you do with that time totally your choice and *for* you — read, binge a series, get a massage, reach out to someone you enjoy spending time with ... the possibilities are endless.

My favorite way to supersize the weekend is a camping getaway with my family. Adding an extra day or two makes such a difference in our ability to disconnect from work, relax and enjoy our time together. Check out my [previous post](#) for more well-being tips.

2. Say 'no' once in a while — give yourself some time back

Nothing can spoil a weekend like overbooking. It's tough to turn down an invitation for a hike or neighborhood picnic, though, particularly since our social engagements are still limited. After days filled with the kids' practices, I'm often tempted to say "yes" to anything that involves grownup interaction. And that can lead to overscheduling.

So how do you avoid this pitfall, but still have all the fun you're longing for when Friday rolls around? Plan wisely. Give yourself permission to say "No, thank you" to an invitation or two. And keep some space on your calendar for you!

3. Get outside — and breathe

According to a study published earlier this year in [SSM - Population Health](#), "nature-based interventions" like hiking and gardening reduce anxiety, improve symptoms of depression, and boost overall mood. I can confirm: The rewards of our supersized camping weekends last well beyond Monday morning. We all feel refreshed and more energized for the week ahead.

And your outdoor activity doesn't have to be physically arduous. When I feel the most energized, it's often after a quiet evening at our campsite, enjoying the crackle and warmth of the fire.

So, set aside a half-hour, find a peaceful place and breathe. You might be surprised by how rejuvenating it is simply to sit still for a little while.

While these three things work for me, I'm interested to hear what works for you. And if you're looking for other ways to boost your well-being, complete [PwC's My Well-being Assessment](#). It takes just a few minutes (maybe only one) and will provide you with some healthy habits to try, to help you [Be Well, Work Well](#).

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Those earned days off aren't going to spend themselves, now, are they? As 2022 gets into gear, prioritize your [#wellbeing](#) and schedule time to refresh and replenish your energy. From a weekend in the woods (my family fave!) to bingeing the latest series, supersizing your weekend with an extra PTO "me day" or two is a terrific way to boost your mood and productivity. Find more tips in my latest blog post. [#BeWellWorkWell](#) [#PlanForVacation](#)



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