

# WHAT ARE YOU DOING THIS WEEKEND?

Sleep in and skip meals?  
Laze around at home?  
Do more work?

again...?

## How about... going out with your loved ones?

1

ORGANISE A PICNIC  
AT MARINA BARRAGE

2

GO FOR A NICE  
BRUNCH AT A CAFE

3

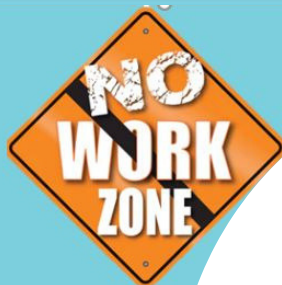
HAVE A GAME OF  
BUBBLE SOCCER

BUT, NO MATTER WHAT YOU DO, REMEMBER TO



UNPLUG!

ENJOY QUALITY TIME WITH  
YOUR LOVED ONES BY MUTING  
AND LEAVING YOUR PHONE  
ASIDE.



LEAVE WORK OUT OF THE  
CONVERSATION!  
CATCH UP WITH YOUR LOVED ONES ON  
HOW **THEY** HAVE BEEN AND HOW **YOU**  
HAVE BEEN INSTEAD OF HOW **WORK**  
HAS BEEN.

Produced by: Clinical and Forensic Psychology Service (CFPS), Ministry of Social and Family Development (MSF)

