

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

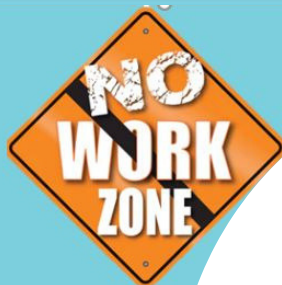
HAVE A GAME OF
BUBBLE SOCCER

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)

