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**LUNCH
BREAKS
TAKEN**



ENERGY
OUT OF 10

RATING
OUT OF 10

1 Minimum lunch breaks needed

25 Minimum minutes needed, plus journey time

Now think of your usual lunchtime – how many of these same words apply? Use your lunch breaks this week to add a bit of welcome chaos to your day and visit your nearest market.

Not only should this excite your senses and break up the monotony of your usual routine but, as gathering places for people from all over the

country to come and sell their wares, markets are great places to broaden your horizons. If you're feeling chatty, strike up some conversations with stallholders, and see where they've come from and how long they've been trading.

If you're based in a location where there aren't any nearby markets, you could try

vintage, antique or charity shops for variety. If it's craftsmanship you're after, see if there are any studios or workshops near you.

DON'T FORGET:

Your wallet.
It's impossible not
to get tempted...

FIND YOUR NEAREST:

Market	When	What I bought/tasted

MEDITATION

Feeling stressed, anxious and just a bit overwhelmed by everything? Try meditating this week to re-focus your attention and achieve some inner calm.

1 Minimum lunch breaks needed

15 Minimum minutes needed

**LUNCH
BREAKS
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**RATING
OUT OF 10**

**ENERGY
OUT OF 10**

Studies have shown that, as well as reducing anxiety, meditation actually improves our focus, so it's the perfect lunchtime activity for a busy week when you need to be on top of your game – and it only takes 15 minutes.

Alternatively, if you'd rather switch off entirely and have someone else guide you, there are lots of lunchtime meditation

classes around. Find your nearest class, or why not ask your employer to set up an in-house session? There are also lots of online tutorials and apps that provide short, structured sessions that you can listen to with headphones.

Find somewhere comfortable and peaceful to sit, close your eyes and practise the following:

1. **Breathing** – breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds. Do this about 10 times to lower your heart rate and increase relaxation.
2. **Concentration** – while practising controlled breathing, concentrate on each breath. Focus on the sensation of each breath.
3. **Awareness of body** – now shift your attention to your body, how you are holding yourself, if there is any tension anywhere.
4. **Releasing tension** – relax your shoulders, your back, your neck, your arms and legs.
5. **Clearing your mind** – picture yourself in a cinema, looking at a blank screen. Project all your thoughts onto the screen: your worries, your fears, your hopes and your dreams. There will be spaces between each thought, little gaps of light. Focus on the light until it blocks out everything else on the screen.
6. **Finishing meditation** – slowly become aware of your body again, of the noises and sensations around you. Count down from 15, opening your eyes only when you reach zero.

**DON'T
FORGET:**
To breathe.

LETTER WRITING

When did you last sit down and write someone a letter? Not a text, not an email; a proper hand-written letter.

- 1 Minimum lunch breaks needed
- 20 Minimum minutes needed

 **LUNCH BREAKS TAKEN**

 **ENERGY OUT OF 10**

 **RATING OUT OF 10**

As well as a wonderfully personal way of staying in touch, letters are a brilliant tool for getting your thoughts in order. The fact that you don't receive an instant response from your addressee allows you to really reflect on what you're writing. Edit it, redraft it, consider it.

Find a private, comfortable place to sit, choose your most satisfying notepad and pen and write to:

1. Someone you haven't seen for a long time
2. Your lover
3. Someone you would like to thank
4. Someone who will never receive the letter (an ex, a secret crush, a celebrity or an unrequited love)
5. Yourself... to be opened in five years' time

STUCK FOR INSPIRATION? TRY SOME OF THESE OPENING LINES:

I never had the courage to tell you this before, but...

I've been thinking a lot lately about...

I know I text you twenty times a day, and see you every weekend, but I thought I'd just write you a little note to say...

DON'T FORGET:
You don't have to send the letter! Although make sure you don't leave it lying around in case your secret office crush stops by your desk.

MAKE A LIST OF PEOPLE WHO YOU WILL WRITE TO WHO:

Will receive the letter	Will never receive the letter