

# Weekend Soul Guide for Working Parents – A Holistic Approach to Recharge and Reconnect

This guide is designed to help you make the most of your weekends, using a combination of mindfulness, physical activity, social connection, self-expression, and rest to restore your energy, nurture your soul, and set the stage for a fulfilling week ahead. These activities are based on research-backed strategies for reducing stress, improving mental well-being, and enhancing overall productivity.

Weekend 1: The Reset	Weekend 2: The Connect & Care Weekend	Weekend 3: The Curiosity Weekend	Weekend 4: Community Connection and Giving Back
Theme			
Slow down. Breathe. Return to Yourself	Strengthen Bonds. Nourish Relationships	Explore, learn and grow without pressure	purpose and fulfillment beyond yourself.
Core Rituals			
<ul style="list-style-type: none"><li>• No alarms. Sleep in or sit with your morning drink in silence – phone free.</li><li>• 2-hour phone free window (choose timings as per preferences)</li><li>• Play a board game with family and go for a walk.</li><li>• Schedule a family friendly fitness- walk, sports, or any other activity for fitness.</li><li>• Sit with an empty notebook in hand for 30 minutes and write whatever comes to your mind. You may utilize this time to organize your thoughts and prepare a task list.</li><li>• Listen something spiritual for 15 minutes without your phone. You can add any other ritual like aromatic bath or guided meditation as per preferences.</li></ul>	<ul style="list-style-type: none"><li>• Plan a family breakfast gathering with whoever is available with no cell phones.</li><li>• Help your child arrange their space. Not decluttering but co-creating.</li><li>• Let your child and partner see you pitch in household activities. It builds silent respect.</li><li>• Engage with your kids in their favorite activities.</li><li>• Create reading challenges or fitness challenges with your kids to increase engagement in meaningful activities.</li><li>• Solve puzzles and have a conversation with your kid.</li><li>• Before sleeping, ask your family members how their weekend was. And plan evening walks with your partner.</li></ul>	<ul style="list-style-type: none"><li>• Allocate 2 hours to learn something new (YouTube tutorial, short course, a new language documentary or any other subject you are interested in)</li><li>• Join local communities for activities which you wish to explore like run clubs, reading clubs.</li><li>• Schedule classes for a hobby you want to explore through the resources available online.</li><li>• Review your expenses, have a discussion with your partner for the future or plan a trip ahead- not stressfully, just mindfully.</li><li>• Read something which interests you or listen to podcasts.</li><li>• Allocate time for necessary life skills such as swimming, cooking or experimenting with something which excites you.</li></ul>	<ul style="list-style-type: none"><li>• Plan visits to extended families and friends.</li><li>• If possible, contribute to a cause or social initiative. Helping others enhances your sense of purpose.</li><li>• Engage your family in a community service activity like donation or neighborhood clean-up.</li><li>• Buy something for the people around you such as your house helps, delivery person or security guard.</li><li>• Feed street dogs and let your kids make thankyou cards for the NGOs.</li><li>• Offer free mentoring sessions to students from low-income backgrounds or volunteer via NGOs.</li><li>• Teach your domestic staff or their children something basic.</li></ul>