

9 things smart people do on weekends to make things more convenient

Did you know that when working more than 55 hours a week, the work efficiency is no longer increased? For that reason, a break or holidays must be reserved for activities outside of work.

After a week of hard work and dedication to work, the weekends are a time for us to rest and do the things we love out of work.

Did you know if we work more than 55 hours a week, work efficiency is no longer increased? For that reason, in order to start the working week effectively, smart, efficient people know how to use holidays, free time to recreate their working capacity, increase their working capacity. work of the week. In addition, they also implement 9 things below.

1. What is the 1 minute rule to cure laziness?
2. "Eight people who are unresponsive" - ??8 people should join and 9 types of people should not socialize
3. How to accomplish a good job when you're bored and not interested?

1. Disconnect work



One of the things we should do the most on the weekend is, so disconnect from work. The reason why? Because technology devices like a link between you and your job, keep us from spending time on work, emails, phone calls, and remind your work to be intertwined with your life. friend.

Leaving the phone always in a state of connection makes us human being stuck to work and do not have a private rest time for ourselves to recreate the energy for the new week. If you have to work in an environment where there is no weekend, then it is imperative to accept it, but if your job does not necessarily have to work all week, then give yourself time to rest, the weekend is You should turn off your phone, exit email.

In addition, disconnection must also be done in thinking, stop thinking about work and focus on enjoying the moments with family and friends on weekends.

2. Minimal home chores



On weekends, we often spend time cleaning up our homes, taking care of our trees or other habits. However, these seemingly simple jobs have the nature of work. It makes your weekend break time snapped and takes away your time of relaxation and relaxation more than that it also brings unnecessary pressure every time you don't follow it properly. original process.

To simplify these tasks and have more time on weekends, let's do your house cleaning tasks every day. Spend 15 minutes every day cleaning the house and on the weekends you will be more relaxed to rest and not tired of cleaning the house.

3. Take some time to exercise



According to statistics, in a week we have up to 48 hours to be able to practice sports if we know how to arrange a reasonable time during the day. Regular exercise and sports not only help us improve health but also help the body produce a GABA compound, a compound that helps the nervous system to function more smoothly and reduce stress. in work and life. Exercise also helps people create more new ideas at work, helping the work to be highly effective.

Watch out for creative people or successful people who always participate in extracurricular activities and always have new ideas from these trips.

4. Compare what you have done



After a week of hard work with so many things that we can't control, this weekend will be a great opportunity for you to improve yourself and compare yourself for a week. through what I have done and have not done anything

to prepare for the next energetic new week. This is a scientific way to achieve high efficiency and is widely applied.

If you do this on weekdays, you will lose time statistics, neglecting your current job and your statistics will not be accurate.

5. Pursuing your own interests and passions



On your day off, take the time to meet your needs and passion like fishing, cycling or simply sitting in a quiet room to read a book? If you have passion, keep doing it on weekends because it will help you relax, make your mind clearer, have more creative ideas.

6. Spend some time with your loved ones



Spending 2 weekends or a few days off to travel with your family has never been a waste of time. Think again, you can spend a week for work, so why not spend these holidays for your loved ones in your family, the most

important people in your life.

Taking your wife and children to eat and watch movies or simply take our parents to eat a luxurious meal is something you should strengthen doing on holidays. When you go to have fun and eat together, it will make your family's feelings become more attached, you will feel more love, want to take care of them more and try to strive for their work have the best life. While they may not bring you high sales in your job, they are not potential customers for you, but they are more than that, they are the spiritual dose to make your work smooth. more and more prosperous.

7. Plan small trips



If you feel tired and depressed after stressful working hours, take some time to try a small trip like going to a music program, going to a new restaurant to eat. , or simply ride a motorbike through the streets you've never been to . These mini-journeys will be extremely helpful, help you relax and learn new things around you.

8. Try to wake up on time



Although it is a wonderful thing to sleep at the weekend, it is not very good for us. Not only does it waste time for sleep, it also destroys the biological clock, the sleeping rhythm of each person and makes it harder to wake up during the new work week.

Keep things in moderation, on time and you will be able to control what comes to you. If you want to sleep more on the weekend? Simply put, sleep more at noon or earlier in the evening.

9. Prepare for the upcoming interesting things



In the evening of Sunday you should sit down at your desk and take out pen and paper to recount what you have done in the past week, preparing for future fun. You only need to spend 30 minutes to plan for yourself, you will find you work much more effectively. After finishing statistics, you should go to bed early to prepare to start a new day full of energy.

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