



Wellbeing Newsletter APRIL



LITTLE SATURDAY

As spring blossoms and the days lengthen, it's the perfect time to think about growth and renewal. April encourages us to embrace the fresh energy of spring and incorporate wellbeing activities like outdoor activities, mindful walks in nature, decluttering your space, and making the most of the longer daylight hours.

I read an amazing passage in a book the other day about having a 'little Saturday' *Lillördag* (Little Saturday) is a Nordic tradition, primarily in Sweden and Norway, where Wednesday is celebrated as a "mini-weekend" to break up the workweek, de-stress, and recharge. It acts as a mental pause, encouraging indulgence—like cocktails, special treats, or socializing—to make the mid-week feel less monotonous. It's the opportunity to break up the working week and see that midweek day as an opportunity to plan a mini weekend activity. It gives you something to look forward to and reminds you life isn't about waiting for the weekend.

I took the opportunity to do that this week and went to the driving range, played shuffle board and went out for dinner- it was honestly pretty great!

Some **LITTLE SATURDAY** ideas:

- *Something delicious- make a cake, bread or prepare a midweek cocktail- naughty but nice!
- *Something alfresco- a bike ride, take a hike, find an outdoor exercise class or even sauna on the beach
- *Something luxurious- a twilight spa day, dinner by candlelight, lymphatic drainage massage, take a sound bath
- *Something active- a kitchen disco, yoga or Pilates. Rachel Glidewell has some wonderful local classes.

Putting it into Practice

Whether you're taking a Wednesday off or using it as a work-from-home day, allowing yourself a 'little Saturday' is a simple self-care cue we can take from the Swedes to purposefully carve out time more time for joy and help you.

For more on little Saturdays and other ways to de-stress, check out the links below.

Have a great Lillördag!

Further Reading:

[Lillördag: Sweden's workers de-stress with 'Little Saturday'](#)

QUOTE OF THE MONTH

"If you're living for the weekend, you're missing 5/7ths of life"

Book recommendations:

Children: *The Last Bear* by Hannah Gold

Adults: *A Psalm for the Wild-Built* by Becky Chambers