

# UTOPIA

You don't need to be far from home to get away from it all.



small distance, BIG difference

## WHAT do we do?

Consider what situational factors need to be at play for you to feel relaxed and rejuvenated (e.g. silent and scenic) and what local places consistently succeed in making you feel like you have exited your normal surroundings, releasing you from the related pressures and stresses.

Ensure this place is **no more than 40 minutes** travelling time **from your home** and/or work. Once you have identified this place, **be sure to visit it at least once this week**.

## WHY are we doing this?

It is important to have an escape sometimes, allowing us a temporary reprieve from our stress filled-existence and provide an opportunity to reflect, recharge and revise our approach.

## WHERE to from here?

Make this part of your weekly regime, factor in some “me-time” to provide a scheduled health-enhancing opportunity. Keep searching for easily accessible places that provide a similar feeling of escape and serenity.