



Women in Development: Celebrating a Quarter Century

Quarter Report

A monthly list of 25 fun facts, helpful hints and other pearls of wisdom relating to philanthropy and the development profession.

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Ways Development Professionals Relax and Recharge

It's time to start thinking about summer and ways that you can take care of yourself. We surveyed attendees at a recent WID event and came up with the following various ways that development professionals relax and recharge.

1. Go to WID events!
2. Read a magazine or book.
3. Shop.
4. Listen to music.
5. Volunteer for other organizations.
6. Spend time with children and family.
7. Spend time alone.
8. Travel (domestically and internationally).
9. Relax at a spa. Get a manicure or pedicure. Get a massage.
10. Attend cultural events – concerts, theater, and museums.
11. Cook.
12. Ski – downhill and cross country.
13. Go fly fishing.
14. Laugh.
15. Enjoy a cup of coffee with a colleague.
16. Play with my dog.
17. Meet with my WID mentor and other colleagues.
18. Exercise. Go for a jog or run. Go to the gym for a yoga or kickboxing class. Weightlifting. Take a long walk. Play ultimate Frisbee. Biking.
19. Hike. Climb mountains.
20. Knit
21. Watch a movie.
22. Relax at the beach.
23. Go for a sail.
24. Garden.
25. Entertain and spend time with friends.