

# BE YOU

**Without you,  
there's no them.**



## **Work on ways to unwind your mind, and restore balance.**

In this Unwind Your Mind series, we've tried to show ways to clear space in your head, calm your thoughts and appreciate the present. Why? Ultimately the idea is to help provide practical ways to find freedom from the mental load and reduce stress, anxiety or guilt. So here's a recap on some of the simple ideas you can adopt that may help you to de-stress and find a little bit of 'me time' again. If you work on these habits regularly you might find that you go into 2020 as a happier, healthier version of you.



### **The super-power available to us all.**

Mindfulness encourages us to focus our awareness on the present moment, allowing us to clear our mind of all the clutter.



### **The meditative mood booster.**

Walking really is nature's wonder remedy. Not only is it free and accessible to all, the physical and mental health benefits of walking daily are unquestionable.



**Self care is important. Fact!**  
You need to take time out for your physical health, as well as your mind & soul. Without downtime you can actually deplete your confidence and self-esteem.



### **Ditch the tech to recharge mind & soul**

Research has shown that an occasional digital detox for even small periods of time can benefit your wellbeing, improve sleep and allow you freedom to refocus. Unplug and recharge.



**Enhance life through meditation.**  
If you're feeling stressed, low or overwhelmed meditation is a great antidote. It's scientifically proven to improve mental wellbeing.

# A CALM HOME

## A structured living space will bring tranquility



### Work on ways to keep your home calm & clutter free.

When you're busy and life moves at pace, it can be hard to stay on top of managing your physical space. However, a cluttered home leads to a cluttered mind and adds to your levels of stress when you walk back through the door each day into chaos. Make a habit of decluttering and prepping your home for new events regularly and add some structure into your daily life. That way you'll feel so much more at ease each day.



#### Take control of the seasonal creep.

Start to prepare yourself for the colder times now, so that when the time comes to hunker down you won't be left out in the cold.

#### A successful routine to regain time

Without routine life can feel more chaotic & out of control. Work on establishing some daily habits that will keep you, your mind and your home functioning at its best.

#### Create a sanctuary of calm & simplicity.

A good night's sleep is important to our energy & mood. Having an orderly, calm and clutter free bedroom can contribute to positive mental health.



#### A place for everything, everything in its place.

Help the kids learn to look after toys by asking them to help you put them back at the end of each day. They'll learn to respect their belongings more and will grow with the responsibility of looking after them.



#### Be prepared for winter ailments

Take some of the stress out of shivery colds and blocked noses by getting prepared and stocking up on natural comforters to bring a little relief when our immune systems have taken a knock.

# A CALM MIND

## Healthy habits can reduce the mental load.

**Work on ways to keep your mind calm and free of anxiety.**

A clearer mind will lead to a more productive, calmer and organised you. Just like anything worth doing, working to reduce your mental load and gaining headspace takes thought and action. Adopting healthy habits like regularly downloading your to do list, regular reviews & planning ahead will help you reduce the burden of responsibility and allow you to take a load off your mind. Lifefyle can help every step of the way.



### Take control of the mental load.

When you've got a million thoughts swirling around your head, the best thing you can do to quieten the mind is to download all of that information into one place.

### Gain financial clarity for peace of mind.

Having clarity on where your money really is going (along with strong financial goals) can not only lighten the mental load but will actually bring feelings of relief and reward too.



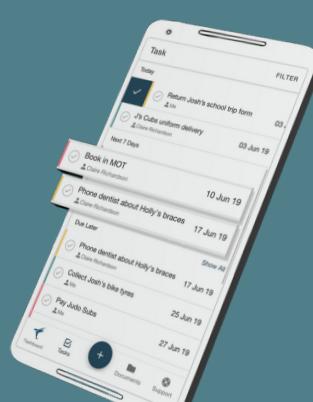
### Get ahead of the rush for a stress free Xmas.

For most, the run up to the festive season comes with a LOT of life admin. Start working through the to do list at an easier pace over the next few weeks for a stress free Christmas.



### Plan ahead for school breaks to reduce worry

They're the most important things in our lives, so it's no wonder that knowing they are being cared for as you would like, when you're at work, is a cause of concern. Plan ahead to make sure everyone is happy in school hols.



### Automate to reclaim time & headspace

If time is under pressure, then using automation is a great solution to help reduce both the mental burden of having to remember to do a task and the physical level of effort in terms of time. Clever tech like Lifefyle is designed to help.