



Work-Life Balance – Top 10 Tips!

Balancing our work and lifestyle is probably one of the most challenging aspects of the 21st century... so the following areas are considered to be very helpful in assisting us with simple and effective tools **AND** they are all free!

1. **Hot and cold showers:** are excellent for preparing the body ready for the day with fantastic health benefits!
2. **Water:** is vital to keeping us hydrated, so regular sipping throughout the day (preferably a minimum of 2 litres of filtered water) is a must for clear thinking
3. **Pause:** and take time out, be aware of yourself and those around you and do things consciously
4. **Breathe:** in through the nose, filling your lungs first and then breathe in more deeply imagining the breath reaching your abdomen below your “tummy button” and when you exhale release all your stresses and strains, do this x3 at least once a day
5. **Appreciation and gratitude:** when we stop and think about all the wonderful things we do have and experience in our lives, it reminds us as to how fortunate we really are and keeps things in perspective
6. **Positive thinking:** really notice your thoughts; is there a pattern of negativity? The way we respond to things can become automatic which is good when it is a positive response yet restrictive when it is the opposite. Use affirmations... happy, motivating phrases “I CAN DO IT!” “I AM SUCCESSFUL!”
7. **Active exercise:** it’s easy to become “locked” in to a position when we are sitting for a long period of time, so by simply shifting our weight from side to side, rolling our shoulders, moving our fingers, shaking our hands and arms and then the same with our feet, starting with the toes all these actions serve to help us avoid numerous health issues
8. **Walking outdoors:** ensure you get as much fresh air as you can as often as you can. Being outside with nature is vital to our wellbeing... do it regularly, rain or shine!
9. **Recreational activities and exercise:** doing something else outside of work which you are passionate about is an absolute necessity to support our sense of self worth and value. For those who are keen on cardiovascular type of sports there are many to choose from, however, it is worth noting that “rebounding” (bouncing on a mini trampoline) is excellent for the whole of the body and dedicating time to this each and every day is well worth the benefits! For those who prefer a more calm and gentle form of exercise then “yoga” and “qi gung” are recommended, a great workout for the body and mind.
10. **Pamper yourself:** treat yourself by indulging in something that makes you feel amazing, special! Plan something that you can look forward to; a holistic treatment a weekend away, a holiday or simply put your feet up and do nothing!

