



DETOX YOUR LIFESTYLE

We often associate detoxing with diet and nutrition in order to live a healthier life. However, toxins come in many shapes and forms and may be affecting you more than you are aware. Here are our tips to detox your lifestyle.

1. STEP AWAY FROM TECHNOLOGY

As we squeeze more into our day by multi-tasking on different devices, we spend more and more hours using technology. Some reports show that we spend more time looking at a screen than we do sleeping! This raises a lifestyle choice question – are you investing more time in technology than in personal relationships? Take an honest look at the time and effort you put into your relationship with your spouse, parents, siblings, friends and colleagues – are they receiving the attention they deserve or are you too busy responding to a text or email on your mobile to notice?

You needn't throw away your beloved iPhone; simply take a walk with a friend and enjoy each others' company without the interruption of ringtones. Focus on what is important and learn to live in the 'here and now'.

2. CLEAN OUT YOUR CUPBOARD

You will be amazed by how much you can accumulate in the hidden corners of cupboards and drawers. Detox your wardrobe, house or office desk by identifying and removing the items that you don't need. Embrace the idea of living a simplified, uncluttered life by considering its benefits – less to clean, less to organise and less stress. If you don't know where to start, take one area or room at a time and sort your belongings into four piles: bin, give away, keep or relocate.

Once you are done, take a moment to sit back and congratulate yourself for your efforts. For an added feel-good factor, donate some of your items to charity so that others can benefit from what you no longer need.





3. CLEAN UP YOUR LANGUAGE

Every day we communicate, speak, shout, laugh, cry, joke and/or whisper. What you say and how you say it has a tremendous influence on the way you feel, act and live your life. *Pay attention to how you speak to yourself and others. Does it make you feel happy or sad? Do you offer encouragement and help to others or do your words hurt their feelings?* Simplify your language by saying only things that you mean and that matter. You may be surprised by how much balance you can bring to your life by controlling your words.

4. MAKE TIME FOR YOU

If your lifestyle has turned into an endless to-do list you may feel out of control and out of balance. Making regular time for yourself in amongst all the pressures of life is important for your physical and mental health. Decide what 'you time' involves; for some this may be a good book and a warm bath, for others it's a run or cycle. Whatever your 'you time' is, schedule it into your routine and reap the benefits of a more balanced lifestyle.

5. REVIEW YOUR PRIORITIES

Life is a busy journey filled with many things to do and not enough time to do them in! Take comfort in the knowledge that everyone feels this way. The key to detoxing this craziness is to write down the tasks that need to be done so you can prioritise them. Knowing what is very important and what is less so will help you to plan a strategy for your day / week / year. Your list will also help you identify the tasks that you can do alone and the tasks that you need the help of others to achieve. You can then plan ahead and be ready to tackle these tasks head on.

6. BE MINDFUL

Mark Williams, professor of clinical psychology at the Oxford Mindfulness Centre, defines mindfulness as 'knowing directly what is going on inside and outside ourselves, moment by moment'. This awareness of the present moment can improve your mental wellbeing. It is an antidote to 'tunnel vision' which can easily develop in day-to-day life, especially when you are busy, stressed or tired.

An important part of mindfulness is reconnecting with your body and the sensations you experience. This means waking up to the sights, sounds, smells and tastes of the present moment. It is about having an awareness of your thoughts and feelings as they happen moment to moment. Awareness of this kind doesn't start by trying to change or fix anything. It is about allowing yourself to see the present moment clearly.

