

6 ways to clear your mind now

We often tend to replay the same thoughts over and over in our head which can be detrimental to our mental health. Clearing your mind helps you focus better on what matters, improves your state of mind and your overall wellness. Eliminate bad habits replacing them with the below.

1. Do some physical activity

Although I shouldn't have to praise the benefits of physical activity, I will just mention that working out, whether it's a HIIT session or a simple walk, significantly reduces feelings of anxiety or depression among other things.

2. Declutter

A good example is to start with your phone and delete all the contacts that you have in your address book and never use. You can then progress into the kitchen cupboards or your wardrobes. Fun!

3. Meditate

Practising regular meditation or mindfulness helps you become aware of the present moment and open your mind to new possibilities.

4. Connect with nature

Find a forest path or a beautiful park, go to the beach, smell the fruit or flowers and play with nature's creature that are out there minding their own business.

5. Talk to your friends

Call your friends or loved ones to catch up. You don't need a reason to connect with them.

6. Journal

Write about your day, your feelings, your goals and aspirations. Read it out loud and plan your next steps by jotting them down.

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