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# Busy Modern Lives

## How to Combat the Effects

Sarah's Views - 28 August 2018

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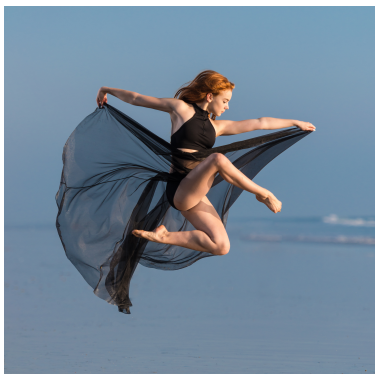


Our busy modern lives impact our physical and mental health. How can we help combat the effects?

Maintaining a healthy lifestyle can be tricky, and not always convenient when you are leading a hectic modern life filled with commitments and chores. However making some minor adjustments to your habits has many benefits. It can make you feel more energetic, confident and above all reduce the risks of developing health related problems.

### **Exercise your body for a happy mind.**

Long hours stuck behind a desk can leave you with stiffened up muscles, uncomfortable back pain and can lead to more serious musculoskeletal disorders, obesity and heart disease. This is why moving around and exercise should be a top priority! Set your alarm a little earlier than normal, to be up and ready for a brisk morning walk to energise and motivate you for the busy day ahead. A little bit of exercise can go a long way!



### **Morning meditation.**

Take a few moments to relax before you begin the day. Focus on positive thoughts and things you are grateful for.

### **Keep a Diary.**

It is therapeutic to write down any thoughts or plans you may have on your mind. Going to bed with your head buzzing will disrupt your sleep. Write them in a notebook. This way you have set them aside out of your mind until the next day and you can focus your attention on settling down to sleep.



### **Read a book or magazine.**

We all need to escape the pressures of our lives. Reading is a relaxing activity. Grab yourself a book in your favourite genre or a hobby magazine.

### **Call an old friend.**

Make it this week's mission to reconnect with an old friend you haven't spoken to in a while. Responsibility in our busy lives can get in the way of our friendships and sometimes people who we find dear to us can get left behind.



### **Take a pre-made meal for lunch.**

It's easy to become responsive to our tight deadlines and fall into the trap of relying on fast foods

and snacks. When we follow such hectic schedules we often don't take the time to care for our bodies. Take 15 minutes to prepare a pre-packed lunch the night before and nurture your body with nutritious foods.



### **Get sleep savvy.**

It can sometimes feel like 24hrs a day just isn't enough. But you shouldn't sacrifice your sleep. Not getting enough rest can reduce productivity and awareness and you can soon find yourself running on empty. Neglecting your rest time can lead to a weakened immune system resulting in increased risk of developing acute and chronic illness. Getting enough sleep is vital to a healthy body *and* mind.



### **Hydrate!**

It sounds like a chore, but it can make a huge difference to your life. Your body is made primarily of water so it's crucial you keep it topped up with water. Drinking plenty of water can reduce stress levels and it cleanses your body of toxins.



### **Skip the late night snacking.**

It can be hard sometimes to fit in meals at regular hours, but fight the urge to snack late at night as this can lead to bloating, disturbed sleep, increased weight and even type 2 diabetes. Try to substitute a snack with water as this suppresses your appetite.



### **Make the weekend about you and leave work at work.**

It may be tempting to bring your work home with you and to constantly check your emails. Take some time out with your family and friends doing the things you enjoy and limit distractions. It's essential you give your mind and body time to recharge.

### **You're fabulous!**

It is so easy to get caught up with deadlines. Don't let a demanding job get you down. Remind yourself of how far you have come and what you have achieved, not only in your career but in your personal life too!

