



Simplify Your Life

August is the perfect time to pause, take a breath, and focus on what truly matters. National Simplify Your Life Month encourages us to remove both physical and mental clutter that may prevent us from focusing on our priorities. By embracing simplicity, we can reduce stress and create more time for ourselves. Leading a simpler life supports our physical, mental, and emotional well-being.

If you've ever heard the phrase "less is more," this month is its time to shine. Think of it as spring cleaning for your schedule and your mind - out with the non-essentials, so what remains is what truly matters!

Simple Ways to Simplify:

- **Review Your Calendar:** Is there something you can cancel or reschedule? Give yourself permission to say "no", even if it's just to make time for yourself.
- **De-Clutter a Space:** Tidy up your desk, a closet, or your entryway. Keep only what you love or need. Add a personal touch, such as a flower, a photo, or a favorite quote.
- **Unplug:** Try a screen-free evening or weekend. Enjoy a book, a walk, or a hobby you've missed.
- **Practice Gratitude:** Take a moment each day to appreciate what you have and who you love. Gratitude is a powerful stress reliever!
- **Do What You Love:** Make time for activities that recharge you, whether it's a hike, a swim, or simply relaxing with family

Disconnect from Social Media

In today's digital world, it's easy to spend much of our time on our phones and social media. Consider setting aside dedicated time each day to disconnect from your devices and reconnect with the world around you. Use this opportunity to enjoy nature, engage in face-to-face conversations, or participate in activities away from screens. Taking regular breaks from technology can help promote well-being and a balanced lifestyle.

Sources:

- <https://drhowardmurad.com/national-simplify-your-life-week/>
- <https://healthylearn.com/connerstrong/hn/living-simply.html>

