



14 Ways to achieve inner peace and calm

1. Listen to music

Music is good for the soul, so listen to something you enjoy

2. Deep breathing

A quick and easy way to feel instantly calm

3. Go for a walk

Take a break and get the blood pumping

4. De-clutter

Have a regular clear out for a brighter, peaceful mind

5. Be true to you

Find ways to keep your inner ideals and values

6. Laugh a lot

A great antidote for stress

7. Have goals

It creates a sense of purpose

8. Live in the moment

Living in the present reduces worry about the past or future

9. Enjoy a little 'Me time'

Balance in life is crucial, and time out is important

10. Be grateful

To remind ourselves there are always positives

11. Be kind

It's free, and it makes a difference

12. Monitor your thoughts

Talk to yourself as you would your best friend

13. Don't compare

We are all on our own path, learning at our own pace

14. Get enough sleep

Tired and grumpy versions of you is never having a good day!