

# PUSH THE RESET BUTTON

WHY WAIT UNTIL JANUARY TO GET YOUR LIFE BACK IN SHAPE? THERE'S STILL TIME TO WRAP UP THIS CHALLENGING YEAR FEELING CALM AND PREPPED FOR 2021. WE ASK THE EXPERTS FOR THEIR TIPS



## GET MOVING - BUT DON'T SET YOUR SIGHTS TOO HIGH

Don't see December as a time to slump in front of the TV. The feel-good endorphins that exercise releases are precisely what you need in the build-up to Christmas. Even a brisk walk will reduce levels of stress hormones cortisol and adrenaline. "It sounds obvious, but the real secret for success is to find something you love doing - so that your chances of regular participation are high," says leading fitness expert and founder of barreworks.co.uk Vicki Anstey. "A 1km walk today is better than the 10km run planned for January that never happens."

## LEARN TO SAY 'NO' - AND PRACTISE SELF-CARE

"It's one of the most powerful words in the dictionary, so learn how to say 'no' more often," says social media expert Unshah Malik. "If you don't feel like festive Zoom drinks, that's OK. Let your friends know and they'll understand. If you can't take on a new project because you're overworked, that's OK. Let your new potential client know. "We often say 'yes' out of politeness. But, by doing so, we're slowly chipping away our energy until we're either burnt out or unhappy. And if anyone doesn't understand, they probably shouldn't be given any priority in your life."



## TAKE CONTROL OF YOUR FINANCES - AND THANK THE MONEY YOU SPEND

It sounds rather unusual, but spiritual empowerment mentor Dr Kate Tomas suggests thanking the money you spend. Yes, really!

"Every time you buy anything, silently thank the money you're handing over and invite it back anytime," says Kate. "Practising this joyful, positive openness with money will mean you'll have much more of it."

Also be sensible and don't let Christmas spending spiral. "Facing up to your finances and taking control is one of the most freeing, brilliant things you will ever do," insists

Erica Wolfe-Murray, leading business coach and author of *Simple Tips, Smart Ideas*.

"Get all your paperwork together, open up your bank statement - take a long, cool look. Cancel any unnecessary subscriptions. Cut up credit cards if needed. List your regular outgoings against your income."

If it's still not looking good, Erica advises, "Go through each of your providers to find cheaper deals. Open a savings plan and put away small amounts when you can. You won't solve everything in one month, but you will over time."



## GET CREATIVE - AND GIVE YOUR HEAD A HUG

Now, more than ever, you need a creative outlet, whether it's painting, knitting or even yoga.

"Creativity looks different for everyone, it's all about finding something that captures your imagination," says Ali McDowall, co-founder of thepositiveplanners.com.

"Making time for a non-work-

related project can help to make sense of all the plates you have spinning at one time. Something repetitive or rhythmic will help your mind unwind and release stress. Think of it like giving your head a hug. Whatever brings you back to the most authentic version of yourself is what you should be striving to make time for."



## 'UNFRIEND' ENERGY DRAINS - AND FOCUS ON MOOD-BOOSTING MATES

Declutter anything which takes up your mental energy. "For most of us this will be difficult friendship groups or social media accounts that take you to a negative space," says Unshah Malik, leading social media expert and author of No1 ebook *Slashed It*.

"You're responsible for ensuring your life is filled with as much positivity as possible, so while you can't control the actions of other individuals, you can decide how much attention you're going to give them, and divert that energy into something that makes you feel uplifted. With social distancing restrictions it's hard to meet new like-minded people, but join new communities online and follow accounts that boost you."



## END ON A POSITIVE - AND DISCOVER THE KEY TO HAPPINESS

This has been a year to remember, but not for the best reasons. Parts have been confusing and traumatic, but as Antonia Harman, emotional trauma expert and leading healer, says, "We're still here! We've adapted to whatever has been flung at us."

"Try to focus on the good things the pandemic brought instead of the bad. More time with family? Less time wasted commuting? More

home-cooked meals? Although it's the strangest of times, are there still things to be grateful for? A roof over your head, food in your belly, friends and family who love you.

"Humans have a habit of taking simple luxuries for granted in pursuit of the next goal. But the key to happiness is gratitude. Wallowing will just make you miserable. Focus on the good and the good will find you. You've got this!" **OK!**

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