

Little Mini Freedoms Lighten your Load

Rest and relaxation are just as important as nutrition and exercise are to our wellbeing. Yet it seems the idea of relaxation has shifted somewhat from sitting down the beach with a good magazine, a long bath, a gentle yoga practice, sitting quietly, to strolling our thumbs along our phone, Facebooking or sending texts, or emails at some un-godly hour,

Don't get me wrong I too at times have succumbed to the demands of texts and the checking of messages social media, in personal time. But when was the last time you left your phone at home when you went for a walk or even turned it off? These little actions are having a huge impact on our wellbeing, particularly on our stress response systems.

This is such a disconnection from earthy reality with constantly "escaping" into this online way of life.

We need face to face get-togethers, where we can share in vibrant facial expression, we need laughter, hugs, smiles and kisses, more hand holding and eye contact. We need to get back to 'humans being' rather than always 'humans doing',

Step off the social media and ties to the phone even just once in a while, reconnect face to face and heart to heart, even your own heart. Solitary walks down the beach can do wonders for the soul.

Make a time to 'turn it off' once in a while, give yourself some time to clear your mind, invite it to empty a little, let the list go. Give yourself those little moments of freedom, your load will feel lighter to carry.



Photo by 'Cassie Jade Photography'