

WORK-LIEFE-BALANCE - SUMMER BREAK? OF COURSE!

I decided to consciously take a summer break and enjoy the time with myself and my loved ones. It is important to take a time out in order to achieve a good balance between work and life itself. A break recharges you physically and also mentally. It opens up new perspectives, activates you or let you come to rest. Only with a well-cared-for body and a nourished and healthy soul can we manage everyday life successfully.

And that is only possible with a TIME-OUT! So GRANT IT TO YOURSELF IN GOOD KNOWLEDGE!

HERE ARE MY 10 TIPS, TO ENJOY THE SUMMER THE BEST POSSIBLE WAY :)

- 1) FOCUS ON THE POSIVE: Consciously direct your focus on the good things in your life and you will automatically feel happier.
- 2) LOOK AT WHAT YOU HAVE AND MAKE THE MOST OF IT: For example, use the space in the sun on the balcony, in the nearby park with a delicious drink, a nice conversation, a good book or "just" with you!
- 3) GET OUT INTO NATURE: 30 minutes a day in the fresh air, soaking up sunlight and taking in nature have been proven to reduce stress and have a positive effect on your mood.
- 4) SPEND TIME WITH PEOPLE YOU LIKE: Social contact with nice people makes you happy and lifts your mood.
- 5) LIVE IN THE MOMENT: Enjoy what is, notice the beautiful things and take pleasure in them. Fears seldom occur and cost a lot of energy, and dwelling on the past also prevents you from perceiving the positive things in the present.
- 6) DO SOMETHING DIFFERENT AND TRY SOMETHING NEW: Whether it's a short trip to a new place, a different route to your regular café, cooking a new dish ... these are all things that are different and can therefore stimulate, open up new perspectives and broaden your horizons of experience.
- 7) ACTIVATE YOURSELF: Be it mental or physical. Activity makes you happy and stimulates you. This can be a yoga session in the morning, a good book in the evening or a stimulating conversation. It's up to you.
- 8) MILE AND THE WORLD SMILES WITH YOU: Looking positively at things and meeting your counterpart with a smile can change many things.
- 9) COLLECT MOMENTS AND NOT THINGS: Focus on experiencing beautiful moments, these remain as memories, make you happy and nourish you in everyday life. Consumption usually only makes you happy in the short term.
- 10) SPEND TIME WITH YOURSELF: Treat yourself to some time out with just yourself! Send your loved ones away for a day or even several or go to another place for a few days where you can only be with yourself. Only when there is no distraction from the outside (be it from other loved ones or from technology) your thoughts, needs but also fears can come to the surface. A chance to get closer to yourself again, to feel what you need more or less in everyday life in order to be happy, healthy and balanced.

In this sense, I WISH YOU A BEAUTIFUL TIME TO RECHARGE, ENJOY AND BE THERE

FOR YOU!