

How To Switch off from The Everyday

- Yesterday rather than listen to a playlist I listened to a full compilation of chillout music rather than separate songs.
- Love watching a concert or documentary.
- Have a day of reading with chill out music playing or in silence. I like to do this often and just get rid of the noise.
- Drink tea looking out watching the birds and insects flying.
- Read in the park with a nice hot drink
- Bus ride listening to some music.
- Having a meal in the garden listening to the birds and bees.
- Walking near water taking in what is around, especially in the morning as the sun begins to rise.
- Meditation and slow exercises.
- Doing a wordsearch or crossword.
- Colouring in.
- Do a puzzle or paint.

