

# MIND CALM

## HIGH ENERGY CHEATSHEET

TIP 1

Create order in your environments, tidy house, car & office for a calmer mind

TIP 2

Do a daily activity to rest your mind e.g. nature walks, yoga, stretching, bathing

TIP 3

Stop multi-tasking & take 'reset' breaks in between each task/activity you do

TIP 4

Hydrate with still water - always keep water near by - drink water for energy

TIP 5

Feed yourself regularly with calories - they'll fuel your mind and keep it calm