

The Secrets to Leading a Calm and Peaceful Life

You'd love to have that power within you, am I right? Well, you do.

You need it. You crave it. You deserve it. Disconnect.

It all comes down to this → **DISCONNECT.**

That is the main secret to leading a calm and peaceful life. Learning how to disconnect from the racing rush that is daily life. Learn how to let go.

LET. GO. OF. STRESS.

Stress is a part of our lives. You wake up in the morning already stressed out about being on time to catch your train to work. Just let it go.

Just do it.

Use one of those vintage alarm clocks to wake you up tomorrow. Don't make looking at your phone the first action when you wake up. Instead, have a glass of water, stretch like your neighbor's cat on a sunny day, and breathe.

Your day's just started. Take your time doing what you need to do in order to have an energised day. Stop rushing it in your head.

You can have a perfectly calm and peaceful life in the city if you:

- Slow down time. Meaning that you can allow yourself time to do what needs doing.
- Have a balanced routine. Make sure you include things that you enjoy doing in your daily tasks.
- They say that peace comes from within. Yeah I said it.
- Take time to process your day once it comes to an end. You've just finished work, so just try and disconnect from it. Allow yourself to get it off of your system.

You can't really slow time down. But you can slow yourself down by simply just taking whatever time you need to do your stuff. We all have deadlines but you won't really die if you miss them...

If you like reading, make sure you make yourself some time during your day to read, and create a space to do so. Going to the gym is your thing, I get it... Have hobbies that bring you joy and happiness and take it as a part of your routine.

Be with friends and family. There's something really comforting in having a good family connection. Yeah some siblings can be annoying but the love is there...

How often do you sit down and have the time to think? It's very hard to do it with screens all around us, so make sure you reduce your screen time and forge a deeper connection with yourself. It'll go a long way, that much I can promise.

Take chances.

Go on that trip.

Make that phone call.

Pet that tree.

Pst pst pst that cat.

Pat that friend in the back.

And. Calm. Down.

Create space for reflection, and use it wisely.

Don't get distracted with things that are not important. FOCUS.

Let go of what you can't control.

Life can be beautiful if you treat it right. Treat yourself right. Be positive, and you'll have positive outcomes.

Last but not least. Let's meet again next week. And don't forget to share.

Sharing is caring, isn't it?

Leave your opinion so we can discuss it.

Alex D. The Creative Copywriter Academy

“You’ve done a great job! Well done on pushing the boundaries, thinking out the box, and doing something different. Your approach of diving right into the heart of the main body copy really works well! It’s incredibly engaging and has a mesmerising quality to it.”