

5 Ways to Disconnect and Live a Simpler Life

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Life can be stressful. At times stress is inevitable, at others there are things we can do to slow things down and allow our minds and bodies to relax and recharge. If your goal is to reduce your stress levels and learn to disconnect and live a simpler, happier life, the following are some things you should start to do right now.

Address Money Problems

Money problems make life more demanding and they don't just disappear. You have to be proactive when it comes to paying off your debt and saving money for a rainy day. If you have a life insurance policy that you no longer need, why not review a guide on how to [sell a life insurance policy](#) for cash? A company will buy your policy from you and you'll receive a lump sum of money. Or why not look into consolidating your debt so you're left with one monthly repayment? You might enjoy lower interest rates and more flexible repayment terms.

Disconnect

Are you constantly looking at your phone to check social media or work emails? Take a step back and think about why you are doing it. There is probably no need to check social media every five minutes. If you are doing it looking for a sense of validation, it's probably time to delete your profiles until you get out of that mindset. Disconnecting from social media might just be the best thing you do for your mental health this year.

Enjoy Relaxation

When you [take time to relax](#), it's all you should be doing. Zero distractions. If you live in a chaotic environment, find somewhere you can go that is quiet and away from interruptions. Take a book or some music to listen to and forget about everything else going on around you. Unless you have an urgent need to have your phone switched on, turn it off. Relaxation time is yours so use it to your advantage.

Stop Overthinking

There will be hiccups along the way and there's nothing we can do to stop certain things happening. A need for control [can be linked to overthinking](#) and how we constantly want to evaluate situations in relation to ourselves. Sometimes things happen and there is nothing we can do about it. At other times we might be constantly overthinking relationships with others. Overthinking serves no purpose than to add worry and stress to our lives. Allow situations to unfold and if their outcome is not to your benefit, then so be it.

Have a Routine

A muddled mind will cause you to have a muddled lifestyle. Creating a routine will give you discipline and you can start to approach life in a simpler and more structured way. This might be difficult to do at first, but if you stick to it, you will find that it's easier to get through each day. Start by planning out one full day and do not deviate from the plan. Create a routine that works for you and tick things off as you go through the day. It's a simple concept but it works.