

6 WAYS TO CLEAN YOUR MIND



Eat Healthy

Now is not the time to binge eat and take out all your emotions on food. If you must do so ensure your being healthy.

Live In The Moment:

Remember you cannot change the past but you can shape the present. Stay grounded in the present and shift your focus to things that are within your control.

Be Selectively Social

**Being socially selective
means intentionally
keeping your local social
circle small.eading**

Start Unfollowing

Unfollow people who do not make you feel empowered, informed or inspired.

Take A Trip

Enjoy the sights and sounds of nature, soak into the serene environment, forget about your city life and all your worries.

Meditate Alone

Enjoy some self time practice meditation in dark room at the midnight while listening to nature sounds such as thunder or rain.