

Living the simple way

Most of us have made a list of resolutions for the year. With nine months down, I wonder how many of us have actually been able to stick to those. By now we are all back on our messy tracks. But with only a little of 2018 left, we don't have much time to simplify things around us. Here are a few ideas to explore.

REDUCE YOUR CLOSET

Bring down your basics. You do not need 3 similar white tees. Keep one, it will make dressing up every morning easier. The more junk you get rid of, the easier you can see what you like. In fact this will also help you come up with more outfit combinations.



EAT LESS BUT BETTER

It is not about how much you eat, but what you eat. Make sure to buy organic food that does not have preservatives, and shop your greens from the local bazaar instead of grocery stores. Take your time when eating, because eating fast makes you eat more, and does not give you the time to appreciate the food in front of you, or the cook.

LEARN TO SAY NO

One of the best feelings in the world is to say no to the things you resent, something most of us are often unable to do. Be it food, outings, dates or invitations, if staying back makes you feel better and helps you rewind, then that is what you should go for.

DE-CLUTTER

From your photos that has been clogging your phone memory to your files filled with unnecessary papers, to the bothersome people in your life, toss them all. Just like how unnecessary papers can make you lose important ones, the same applies for people as well.

LESS INTERNET EXPOSURE

The more time you spend scrolling through Youtube, the more time you are exposing yourself to stress, not to mention a huge

loss of time. Try getting some rest in those 30 minutes, you will feel a world of difference.

CARRY LESS

Our pockets, backpacks, and handbags look like we are going on a weeklong holiday, while we are only going to class or work. Pack less, carry only the things you really need, and clean the inside of your bag every night. Clean bags equal clear minds.

REDUCE CREDIT CARD BILLS

Although it can be very tempting to shop on credit cards, the extra can eventually add up to a lot. And it can also give you the impression of not spending cash, which eventually makes one splurge more. Opt for cash, and never buy anything in under an hour. If you want that pair of shoes, come back tomorrow after a night of thinking. If you still think you require it, go ahead. But in most cases, you will not.

USE STICKY NOTES AND PHONE NOTIFICATIONS

Clear your head by noting things down, and putting up reminders on your phone for every occasion. The lesser birthday and work logs in your brain, the fresher you will feel.

UNSUBSCRIBE AND UNFOLLOW

Pages and youtubers you do not like anymore, acquaintances you have never spoken to, instagram stories of people you hardly know, or brands you do not love anymore, unfollow and unsubscribe from them all. Experience a neat and clean feed that will not stress or excite you unnecessarily.

SLOW DOWN

The most important thing that will help simplify your life is to slow down. From work, from assignments, from classes, and from exams. Do not slow down by giving it all up, but by taking some time off every week, or an hour each day to simply rewind and relax. Maybe with your favourite show, book, person or pet, or simply to nap.

The main goal is not just to de clutter your stuff, but your mind with it. With a fresh new atmosphere, creativity levels go through the roof, and your health takes a turn for the better, not to mention you have a neater surrounding. Although none of these resolutions are very exact, they are very real, and ones you can actually stick to.

By Anisha Hassan

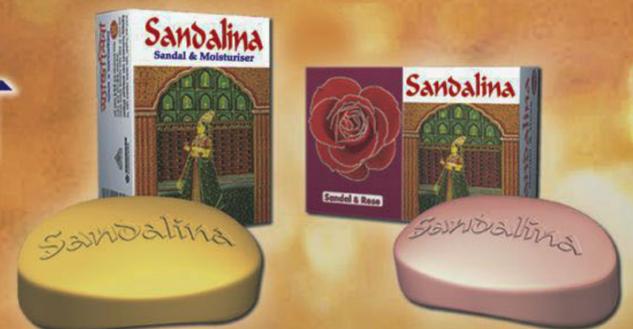
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স্যান্ডালিনা সোপ



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