

## Unwind after work.

It's 5pm and all you want to do is pack up your desk and head on home. You've had enough and are hanging out for that long glass of "red". As much as this sounds the best way to end the day it is not necessarily the only way to end the day.

In the perfect world you are living a life of prevention and are not ending your day wound up and "over it". In the real world there is every chance this is what the end of many of your work days is like. What if you ended your day with a couple of basic steps to bring more sanity to your evenings?

When we did some research a few years ago we found that 83.5% of people feel that workplace stress has a moderate, high or massive effect on their lives outside work. Not only that, they were taking their work home with them, not physically but emotionally.

With this in mind I thought I would share three practical steps for you to integrate into your life like a habit to let go of the day and be present in your mind when you are at home.

1. Move your body. Get out and play with your kids, go for a relaxing walk with your partner or even go and walk your dog. Just move your body even for 10 minutes. The aim of this is to relax your mind not necessarily your body.
2. Drink herbal teas. You have probably heard about Chamomile herb tea being a relaxant but did you know that at your local health food shop you can also buy herb teas like Lavender flowers and hops? Yes the same hops that go into your beer can be made into a herbal tea. Taking hops as tea instead of in a beer means none of the same calories and can calm nervousness and anxiety and promote sleep in cases of insomnia.
3. Vaporise essential oils. I have designed a new essential oil blend called "Unwind". Unwind is a grounding but uplifting blend of Vetiver, Australian Sandalwood, Sweet Orange, Cedarwood, Patchouli and Geranium. Unwind is designed to settle your busy mind and lift your spirit so that you can let go of work and be grounded in your home life.

So instead of waiting to have a crappy night where your mind is still racing from a busy day at work, take a few minutes to unwind and enjoy your evenings with the people you care about the most..... your family.