LIVE GREEN, LIVE WELL

Here are some practices you can follow to start a new, improved relationship with yourself.

1. Have a tech and social media free day. Once you get over the panic, you won't believe how relaxing this can be. Let everyone know that for one day of the week you are unplugged.

2. Happiness and enthusiasm are contagious. When you come into contact with others, be interested and positive. It is an effective way of influencing othere.

3. Give yourself a break. Research shows that self-encouragement has a much better effect than self-criticism. Forgive your mistakes and move on.

4. We all have a voice in our heads. Often that voice is judgemental and critical. Watch how many times you say discouraging things. Replace them with inspiring and encouraging alternatives. Speak to yourself with compression. Be positive and remind yourself you are worthy of love and attention, or that it is okay to make mistakes.

5. When you have saved money, you will feel more secure and in control. Rather than living from pay-check to pay-check, pay yourself 10% of your income and put it into a savings account.