



# Living simply

Simple living is not really that simple—but results from a recent study at University of the Sciences indicate that reducing the clutter and narrowing your possessions, activities, and thoughts can play a key role in boosting your mental and physical health.

“People generally look to simplify their lives for a number of reasons—most commonly after they get fed up with the stress and chaos of their daily lives,” said Dr. Heidi Freeman, assistant professor of exercise science and wellness management.

## TRY THIS:

- **Decide what is unnecessary.** Identify what is most important to you (spending time with family, career?) and eliminate everything else (cable TV, extracurricular activities, for example).
- **Start with small changes.** Set aside one screen-free day each week, learn a few new recipes, or take a DIY class. Once you’ve mastered one change, then you can take on something more challenging.
- **Get moving.** Rather than using your vehicle to get to places, consider walking, bicycling, or using public transportation.
- **Learn to say no.** Schedules are often jam-packed with activities, chores, appointments, responsibilities, and urgent tasks. In order to simplify your lifestyle, you must be able to turn things down to eliminate some of this schedule clutter.
- **Spend less.** The less you buy, the less you spend. For instance, ditch eating out and start preparing more meals at home—this can also increase the amount of quality time spent with your loved ones.