

6 PHONE HACKS THAT IMPROVE YOUR ENERGY



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PHONE HACKS

There is constant noise and demands in our lives that we can't control. From our children to the traffic on the roads our days are only getting noisier and our minds are desperate for a break.

Here are 6 Phone Hacks you CAN control to improve your energy.

KEEP YOUR HOME SCREEN CLEAN

Put all of your apps into a small folder to calm your brain every time you look at your screen. You can swipe down on your screen for easy searching.

BE RUTHLESS WITH NOTIFICATIONS

The constant beeping keeps your brain distracted. Choose which ones are absolutely essential and turn the rest off.

HAVE A MOTIVATING BACKGROUND

Make a simple background image in Canva that keeps you motivated towards a goal you are working on right now. Or a reminder to breathe

CHANGE IT REGULARLY TO KEEP IT MOTIVATING

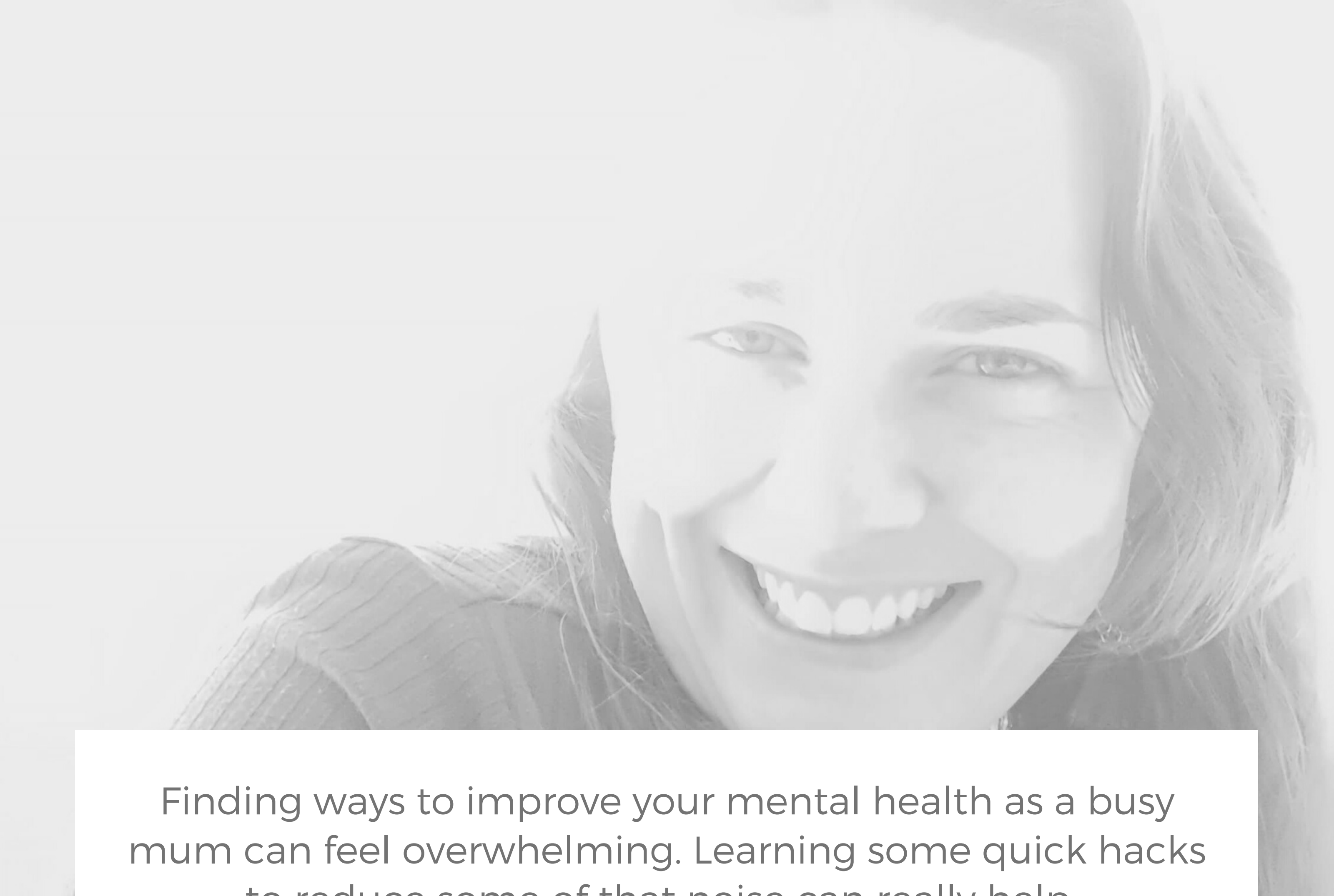
Changing it up can help remind you of your goal and provide fresh motivation. Pick out a new focus for your mental health each month.

TURN ON 'SLEEP' MODE

Set up your sleep mode to come on at least an hour before you go to bed and an hour after you wake up. Those you need to get in touch urgently can still do so, but the rest can wait. Sleep is important!

CHARGE YOUR PHONE IN ANOTHER ROOM

Charging your phone next to your bed is a sure way to stay up with constant distractions of social media, emails or games. Charge it in a different room to give your mind the rest it needs at night.



Finding ways to improve your mental health as a busy mum can feel overwhelming. Learning some quick hacks to reduce some of that noise can really help.

LEARN MORE HACKS

WWW.NICKYTHOMPSON.COM/HACKS

This free workshop shows you more simple hacks to change up your environment and your habits to improve your mental health.

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