

QUOTES BY FAMOUS AUTHORS THAT WILL INSPIRE YOU THIS

NEW YEAR

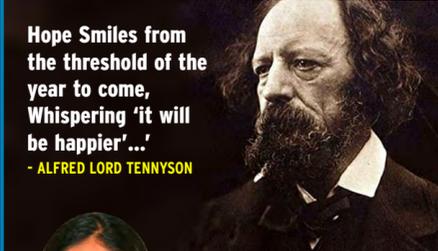


As 2020 came to an end (finally) and we are settling into a new year, here we share some quotes by famous authors that will inspire you to begin 2021 on a hopeful note. Read on



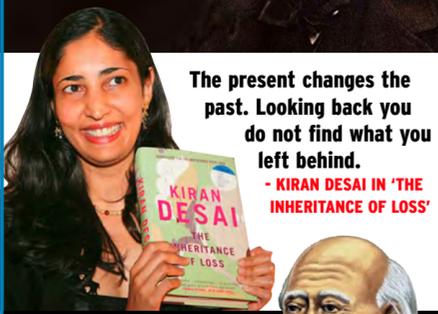
For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning.

- T.S. ELIOT



Hope smiles from the threshold of the year to come, whispering 'it will be happier'...

- ALFRED LORD TENNYSON

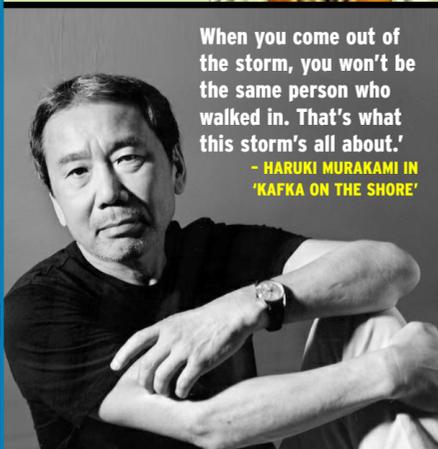


The present changes the past. Looking back you do not find what you left behind.

- KIRAN DESAI IN 'THE INHERITANCE OF LOSS'

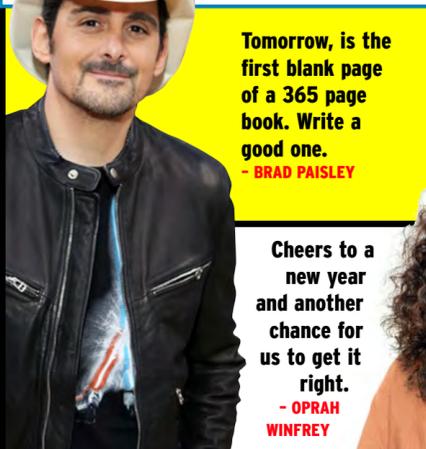
New beginnings are often disguised as painful endings.

- LAO TZU



When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.

- HARUKI MURAKAMI IN 'KAFKA ON THE SHORE'



Tomorrow, is the first blank page of a 365 page book. Write a good one.

- BRAD PAISLEY

Cheers to a new year and another chance for us to get it right.

- OPRAH WINFREY

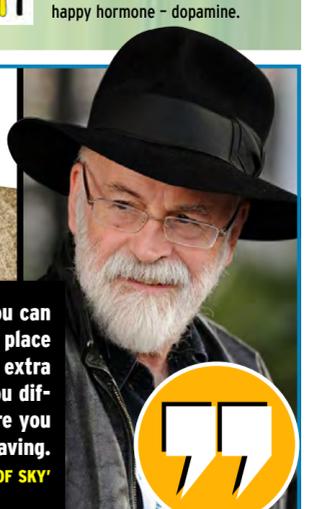


It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over.

- F SCOTT FITZGERALD

Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.

- TERRY PRATCHETT IN 'A HAT FULL OF SKY'



Wellness resolutions you must make

2020 has come to an end which means, we must make some new wellness resolutions for 2021. Globally speaking, we were too stressed out, burnt out and worked up last year. This gives us all the more reason to look forward to what's in store for this year rather positively. So, in 2021, embrace some new habits that will improve your well-being and happiness levels



UP YOUR SELF-CARE GAME

First and foremost, you need to up your self-care game in 2021. The last year was traumatic for a lot of people out there. So many lost their jobs, mental health, friends and family members. If there's one thing that you must learn, it is to take good care of yourself above all in the next year. It could be something very small that you do for yourself once in the entire day, but making time for yourself is all that you need to focus on.

DIGITAL DETOX

We cannot emphasise enough on how important it is for your peace of mind to take a detox day from the digital world. The last year was spent mostly on digital mediums. This year, change this for yourself and take a day off or even more from all social media platforms and see how good and relaxed it makes you feel on the inside.



CHOOSE BRANDS WITH ECO-FRIENDLY PACKAGING

We know how plastic enters our oceans with devastating consequences for marine life. You can help make a difference in 2021 by choosing brands that use environmentally conscious packing. Whether it's glass bottles or ocean-made plastic, make a conscious decision of buying things with eco-friendly packaging.



GO CRUELTY-FREE

You can very much pamper your skin without harming animals in the process. There still are so many brands that test their products on animals worldwide. In 2021, you should start shopping responsibly and think of the animals. Invest in brands that are cruelty-free.



EAT WELL

You must know that there is a direct link between the food you consume and your mental well-being. It is always good to eat right and in the correct proportions to not only keep your body



shape in check but your mind and heart healthy. 2021 should be the year for you where you focus on eating foods that reduce feelings of anxiety, stress and depression. Try eating fresh seasonal produce as it is not just better for you but also for the planet as your food has less far to travel thereby reducing its carbon footprint.

MUST DOs in 2021 for your mental well-being

TOP TIPS TO UP YOUR MENTAL HEALTH...

To say 2020 was harsh on people would be an understatement. The pandemic claimed millions of lives all over the world leading to morbidity and mortality. It not only affected the physical but mental well-being as well. For some it was nightmare, as people had bouts of depression, anxiety, stress, loneliness, and fear lingered on in the minds. Consultant psychotherapist Dr Shivangi Pawar says, "Now, in the

Be close to nature:

Throughout 2020 we spend a lot of time on computers, smartphones, laptops, and other gadgets. Try to spend some time with nature and limit your screen time in 2021; maybe take a walk in the nearby garden or open area. But, make sure that you follow those social distancing norms and wear a mask. This will ensure a happy state of mind.



Organise yourself

Organise yourself, shift focus from coronavirus to your health: 2020 taught us that eating right, staying stress-free, and spending quality time with family are big priorities. 2021 should be about improving immunity, exercising, and staying in top shape. Instead of panicking about the virus, try to exercise on a daily basis as it will also help you stay healthy and happy. Also spend time with people to stay cheerful.



Socialise with like-minded people:

Be socially active to take care of your mental well-being. Become a part of a group or a community where one can share thoughts, concerns, and even problems. Look for the company of like-minded people. You can discuss your issues with them and feel connected.



Find a hobby:

Doing what you like will ensure that you stay happy and healthy. Painting, gardening, listening to music, dancing, baking, cooking, reading or playing any instrument can be a stress-buster and can help you relax. It releases the happy hormone - dopamine.

