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Everyone needs some winding down and relaxing at times. It is not always easy to read the signs of your body and mind and actually stop for a moment and take your time. However, it is good to wind down before you really burn down. There are several ways of recharging your batteries and getting the needed reboot.

First, and unfortunately the most expensive one, is to go on a holiday. Scientists say that it takes two weeks for a human being to forget about work and start to enjoy the present. So if it is possible, most often not, take a three-week holiday, or then just make an effort to forget about work and switch off all mobile devices. Just enjoy the sun or the snow without making any plans or schedules â€“ live in the moment.

Second, have at least one evening a week when you switch off your mobile phone and take your laptop into another room and just enjoy the present. Every Sunday I switch off all the mobile devices, make some nice snacks and mulled wine with all kinds of different spices, and go to the living room. In the living room I switch off the lights, put some candles, light the fireplace and make myself comfortable in front of the fireplace with a good book. I have to say that when I was getting the fireplace from UunisepÃ¤t, a Finnish fireplace company, I was getting it only because I had fallen in love with the design of UunisepÃ¤tâ€™s fireplaces. It was so white and chic and fit perfectly my living room. However, when I talked with the experts at UunisepÃ¤t, I realized that a fireplace is so much more than just the looks; it heats the house, too.

Third, enjoy the time with your loved ones to the maximum. Donâ€™t take work calls or answer emails while you are spending quality time with them. Also, make an effort to come up with different events and ways to spend time together â€“ it really does pay off.

So, separate your work life and private life and live in the moment enjoying every second of the both worlds.

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