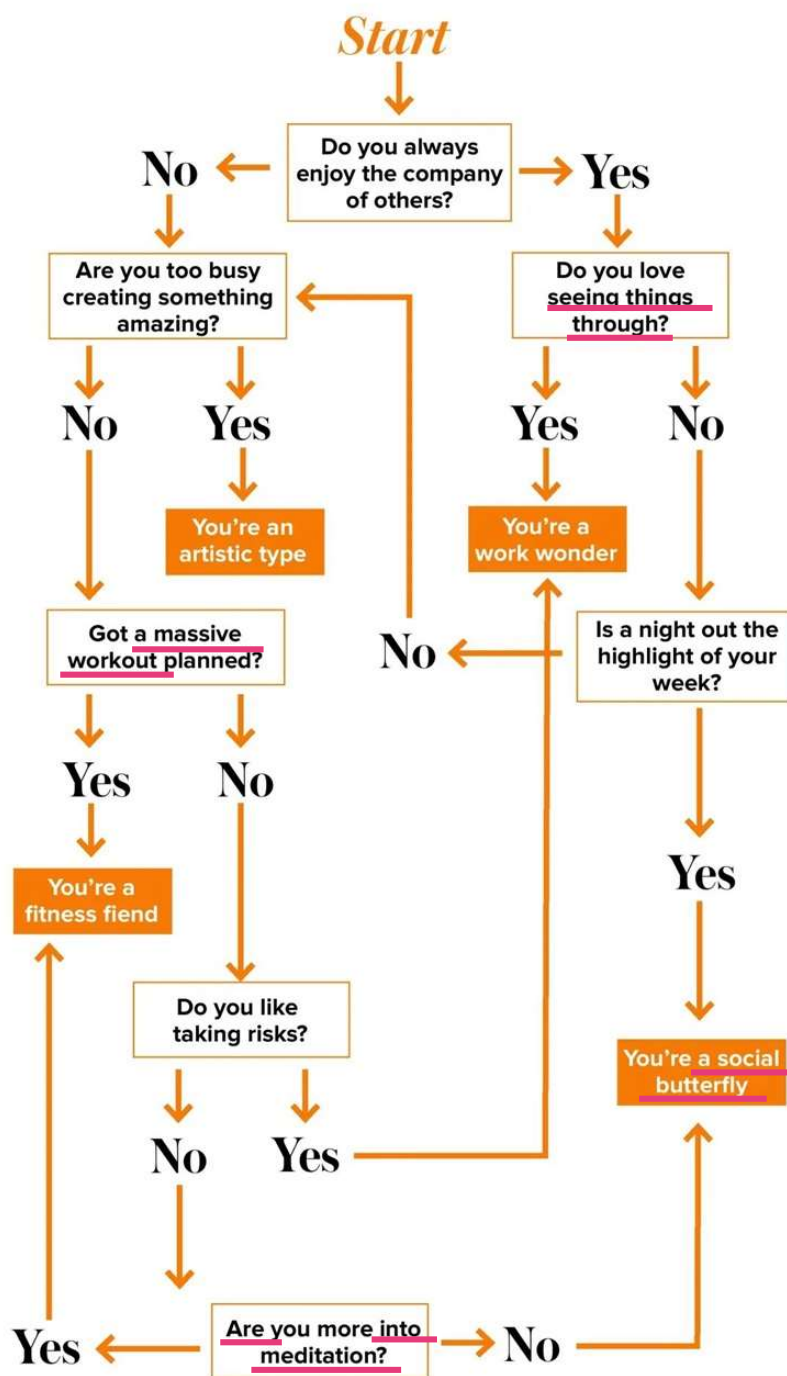


Find your downtime

Do you prefer time alone, or do you thrive around friends? 'There are many factors, from how extroverted or introverted we are to how much we get from certainty versus change,' says life coach Marie Houlden. Do the quiz below, and then read the section on the right that matches your personality.



Relax your way

We all let go in different ways – here are Marie's suggestions...

WORK WONDERS

While most are snoozing their alarms, you're ready for another goal-achieving day. However, work doesn't have to be your only focus. 'Volunteering will give similarly purposeful feelings, and provide health benefits – a Carnegie Mellon University study revealed volunteers have lower blood pressure and a longer lifespan,' says Marie.

SOCIAL BUTTERFLIES

You're extroverted by nature, so you get a boost from being around others. However, you should avoid being sapped by others' moods. Around 70% of our energy is emotional, so if a friend is down, build distraction amid the deep chats with a dance class, or watch a comedy to help lift the spirits.

FITNESS FIENDS

Whether it's a long walk or a gym class, you need a regular session to feel happy. But what kind depends on if you're an introvert or extrovert. For introverts, 'A yoga class will help you connect with your intuitive side, and allow you to stretch and repair,' Marie says. However, if you're more extroverted, 'Set up a running club with friends, or book in regular workouts and stick to them.' Mix up your exercise routine to curb boredom.

ARTISTIC TYPES

From crafting to museum visits, you're all about solitary experiences that educate and enrich you. But the detail of life can get you down and skipping essential admin can create stress. So apply your creativity to keeping on top of tasks – opt for a gorgeous diary with plenty of room for genius ideas.