



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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### Releasing What No Longer Serves You

A new year doesn't always call for adding more goals, habits, or commitments. Some years, the most supportive step forward is deciding what you're ready to let go.

Release is about creating space—physically, mentally, and emotionally—so you can move into a new year feeling lighter. When clutter builds up in your environment, your schedule, or your thoughts, it quietly pulls at your energy. Letting go helps restore balance without being dramatic or drastic. It's intentional, steady, and convenient.

#### Why Release Matters

Holding on to too much, whether objects, obligations, or mental noise, creates friction in daily life.

[A recent study found that over accumulation of possessions significantly lowers life satisfaction and well-being across all age groups, contributing to heightened stress and reduced overall quality of life.](#)

That same sense of overload often extends beyond physical space, influencing focus, mood, and emotional resilience. Releasing what no longer fits creates room to breathe. It shifts the start of the year from pressure to clarity, allowing you to move forward more deliberately.

#### Signs You're Carrying Too Much

Release often begins with awareness. You may notice:

- Your space feels visually or mentally crowded.
- Your attention drifts, even during downtime.
- Your calendar stays full, but your energy runs low.
- Specific interactions leave you feeling drained instead of supported.

These aren't failures. They're signals that something in your life may be ready to change.

## Areas Where Release Can Help Most

You don't need to address everything at once. Focusing on one area at a time can create meaningful momentum.

### Physical space

Clutter doesn't just take up room; it taxes mental energy. Clearing a small, high-impact area can immediately reduce visual noise and create a greater sense of calm.

### Digital space

Screens quietly demand more attention than we realize.

[Excessive screen time, more than two to three hours a day, has been linked to increased anxiety, lower self-esteem, and cognitive strain, making digital boundaries an essential part of mental well-being.](#)

### Your schedule

An overcrowded calendar can feel just as heavy as a cluttered desk. Overcommitment increases stress and reduces focus, while thoughtful pacing restores clarity.

### Relationships

Not every connection supports your growth. Releasing time spent in draining dynamics creates room for relationships that feel balanced and supportive.

## Small Ways to Practice Release

These choices may seem modest, but their impact builds over time.

- Clear one drawer, surface, or digital folder.
- Silence notifications that interrupt your focus.
- Say no to one nonessential commitment.
- Step back from a habit that no longer feels supportive.
- Spend time in ways, and with people, that restore your energy.

## What You May Notice

As release becomes part of your routine, many people experience steadier moods, improved focus, and a greater sense of ease in their days. Instead of managing excess, you begin moving through your time with more intention and less friction.

## Beginning Your Days Lighter

Choose one area of your life to release one thing that feels heavy or unnecessary. There's no need to rush or perfect the process; the goal is balance. By releasing what no longer serves you, you create space for days that begin with clarity, calmness, and a steadier sense of control. Small, steady habits often support well-being. A centered mindset isn't built in a single moment; it's shaped by the way you move through each day.

## Book Review | Finding Calm in the Small Moments

Stress often builds quietly. It can show up through rushed mornings, constant notifications, and the sense that your attention is pulled in several directions at once. *The Little Book of Mindfulness* by Patrizia Collard addresses that reality with an approach that feels realistic and approachable, offering ways to slow down without requiring significant changes to your day.

Rather than presenting mindfulness as a formal practice that requires silence, special settings, or long stretches of time, Collard frames it as something that can be incorporated into everyday routines. The book introduces short, manageable exercises, many designed to take five to ten minutes, that invite you to pause, reset, and reconnect with the present moment.

### Book Highlights

Mindfulness is presented in a way that feels accessible, particularly if you're new to the idea or unsure where to begin. The emphasis is on awareness rather than performance, paying attention to thoughts, emotions, and physical sensations without trying to change them.

The book is organized into themed sections such as Being in the Now, Accept and Respond, and Everyday Mindfulness, making it easy to engage with in brief sittings. Each page typically focuses on a single idea or exercise, supported by simple illustrations that keep the tone calm and inviting.

Throughout the book, stress and distraction are treated as common parts of daily life. The practices are positioned as gentle reminders to pause, especially during moments that tend to run on autopilot.

### A Key Takeaway

The book encourages you to notice what's happening in the moment, your breath, your body, or your emotional reaction, before moving on to the next task or interaction. That pause doesn't need to be lengthy to be meaningful. Even a brief moment of awareness can create space between a stressful trigger and your response. Over time, these small pauses can influence how you handle pressure, communicate with others, and move through your day with greater intention.

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