

Just Because

YOUR EASY-
TO-IMPLEMENT
WELLNESS
HACK



Small moments of joy, connection, and self-care
can be powerful acts of wellness... just because

By Alix Campbell



Order the dessert

WELLNESS HAS BECOME *quite the buzzword.*

Everyone seems to be on a “wellness journey,” boosting their “overall wellness,” or taking a wellness trip to a resort that caters to improving their guests’ fitness, diet, sleep, and, as a result, their longevity.

While looking after yourself is great, wellness can easily become just another thing you have to check off your never-ending to-do list. And it can come with a price tag, from a flood of fitness guru-approved supplements to the latest viral self-improvement trend.

But wellness doesn’t have to be a pricey investment or a flashy gesture — it can be smaller, quieter... maybe something you’re doing already. Something that feels good and easy. Maybe so easy, it might be overlooked. But it still counts.

WHAT IS WELLNESS?

According to the Global Wellness Institute based in Miami, Florida, wellness is the “active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.” This relatively modern concept gained popularity in the 1960s, but its roots date back to ancient civilization.

It’s important to note that wellness is not a passive state but rather an active pursuit — taking action toward the goal of optimizing your health and wellbeing. Multiple dimensions are at play, including physical, mental, emotional, spiritual, social, and environmental health (and often more than these six). The various dimensions should work in harmony as a result of the choices we make in our daily lives.



Take the break

ANY SMALL STEP COUNTS

If this list of different health dimensions has triggered “wellness fatigue” in you, don’t be discouraged. Working toward your overall wellness doesn’t have to be complicated. If you’ve got the basics covered like getting enough sleep, eating a balanced diet, and adding some movement to counter long stretches of sitting, you’re already on the right track.

“Movement combined with conscious breathing is a daily reset — it helps boost confidence and brings you into the present moment,” surf mobility coach and yoga instructor Daniel Schudt says. A simple daily practice called box breathing can boost your focus and reset your nervous system. Imagining four equal sides of a box, you breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds and hold your breath for four seconds. Repeat this cycle four to ten times to feel the calming effects.

Other elements like catching up with friends, calling a loved one, and spending time with your partner also improve your overall wellness while strengthening social connections. A short “thinking of you” text to a friend or family member will boost your mood as well as the receiver’s, just like the daily ritual of writing down five things you’re grateful for in this moment of your life.



Take the nap



What's one more plant?

CHECK IN WITH YOURSELF

Keeping an eye on your physical and emotional wellbeing, you can perform a quick self-check called HALT, which was first used in literature by Alcoholics Anonymous (AA). Ask yourself if you’re hungry, angry, lonely, or tired, and counteract by giving yourself what you need in that moment.

It could be as easy as grabbing a snack, taking a restorative 10-minute walk around the block, or shutting your eyes for a 30-minute nap. Maybe you feel like texting a friend or meeting a former colleague you haven’t seen in ages for a coffee or a drink.

Taking care of yourself is paying attention to these cues instead of overriding how you feel with negative self-talk — expensive wellness trip, not required!

WHY? JUST BECAUSE

Although big splurges can certainly boost happiness, it’s also the daily low effort things that add up and spark joy like wearing your favorite shirt or accessorizing an outfit with those funky sunglasses that always put a smile on your face. The happiness cherry on top? Sitting in the sun enjoying your preferred morning brew.

It’s ordering your go-to cocktail while catching up with your besties. Or finally saying yes to that indulgent dessert you declined every time you drooled over it for the past few months. It’s having taken detours just to walk past this one pair of shoes you can’t stop dreaming about and then finally trying them on. It’s that cute little plant you need to take home, even though you already have ten. Sometimes the healthiest thing you can do is to grant yourself something joyful and life-giving simply because you want to.

Maybe you have a trip in mind or an upcoming concert. Planning something you look forward to gives you two boosts: You get the first burst of energy when you plan the trip, the show, the movie night, or anything else you write down in your calendar that your future self will enjoy. The second boost kicks in when you get to do the thing you were planning. It’s an absolute mood win-win.

ILLUSTRATIONS

This “Just Because” collection is a feel-good series of illustrations with little things that bring me joy and hopefully inspire others. Sometimes, we don’t need a reason to order the drink, buy the shoes, or take the nap. Occasionally we should treat ourselves, just because.

Alix Campbell is a writer and illustrator based in the Western Algarve in Portugal where her two black cats graciously share their house with her. Follow her at [@designsoup_by_alix](https://www.instagram.com/designsoup_by_alix) and alixmccampbell.com/newsletter.



Buy the shoes

WHAT'S YOUR "Just Because?"

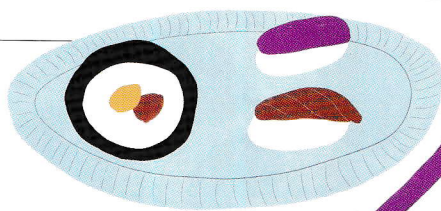
Q WHAT'S ONE SMALL "JUST BECAUSE" ACT YOU COULD GIVE YOURSELF THIS WEEK?

Q WHAT'S AN INDULGENT "JUST BECAUSE" THING YOU'VE BEEN HOLDING OFF FOR A WHILE?

Q WHAT'S A SMALL OUTING OR EVENT YOU COULD PLAN TODAY TO TAKE PLACE IN THE NEXT FEW MONTHS?

Q WHAT'S ON YOUR "JUST BECAUSE" BUCKET LIST?

Q WHAT'S A "JUST BECAUSE" YOU COULD SURPRISE A LOVED ONE WITH?



Enjoy your trip!