



SERVICE YOUR MIND

The accidental habits quietly running you down — and how to swap them for ones that don't.

We service everything but the one thing running the show.

We service the car every 10,000km. We service the aircon, the teeth, the Wi-Fi, the coffee machine. We book it in before it breaks, because we know if we ignore the warning light long enough, something bigger and more expensive goes.

But the mind? We just keep driving it. Flat out, no maintenance, warning lights flashing — tired, wired, snappy, foggy — and we call it "being busy." Most of what's running you down isn't some big dramatic problem. It's the **small stuff you never actually chose**.

THE CULPRIT **ACCIDENTAL RITUALS**

Habits that crept in the back door. You didn't decide to do them — they just became automatic:

- › Reaching for the phone before your feet hit the floor
- › Holding your breath the second things get stressful
- › Numbing the night with a drink, a screen, a snack
- › Doom-scrolling to "switch off" (and feeling worse after)
- › Skipping breaks, eating at the desk, meeting to meeting
- › Feeding your head a constant diet of bad news

None feel like a big deal on their own. That's exactly why they're dangerous. Stacked together, they quietly keep your nervous system switched on — no service, no reset — until "normal" starts to feel like running on empty.

The fix isn't adding ten more things to your day. First you unlearn what's not serving you. Then you replace it.

THAT'S A MIND SERVICE.

RUN THE MAINTENANCE

STEP 1 • SPOT YOUR ACCIDENTAL RITUALS

You can't change what you can't see. For one day, just notice what you do without deciding to — what you reach for when you're stressed, bored or tired. Name two or three. No judgement, just pop the bonnet and have a look.

STEP 2 • THE FOUR THINGS WORTH SERVICING



SLEEP

YOUR OVERNIGHT SERVICE

Sleep is when your brain clears the junk and resets. Do your research and dial it in: a consistent wake and bedtime, a wind-down, screens off before bed, a cool dark room, and easing off caffeine from early afternoon. Get morning light early — keep the scroll out of bed.



MOVEMENT

BURN OFF THE STRESS

Movement isn't just fitness — it's how you settle a noisy mind. You can't think your way calm, but you can walk, lift and sweat your way there. Aim for daily movement: a proper walk most days, some strength through the week. The days you least feel like it, you need it most.



ENVIRONMENT

YOUR CIRCLE

You become the rooms you sit in and the people you sit with. Your nervous system is always reading who's around you. Spend more time with people who lift and back you; less in spaces that drain you. No conflict or big cut-offs needed — just shift where your time goes.



YOUR INPUTS

GUARD THE DOOR

What you let in, you become. A constant feed of shorts, reels, outrage YouTube, TV and rolling bad news keeps you on edge and your focus shot. Be the bouncer: curate what you follow, limit the scroll, take a break from the news cycle, and swap ten minutes of feed for ten of quiet.

QUICK RESET UNDER 2 MIN

When the charge builds: breathe **in for 4, out for 6–8** (a longer exhale calms the body), get your **feet flat** on the floor, and **name five things** you can see. Simple, and it works.

THREE QUESTIONS WORTH ASKING YOURSELF

Instead of rushing back into work, spend two minutes on these.

- 1 What's one conversation I've been avoiding?**
Growth usually sits on the other side of difficult conversations.
- 2 Where am I blaming circumstances instead of taking ownership?**
Ownership creates freedom.
- 3 What's one small step I can take today?**
Forget the mountain. Just take the next step.

Small and consistent beats a big overhaul — same as a car. You don't rebuild the engine, you **keep up the maintenance**.

— Luke

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