



Five instagrammers who will inspire you

CHARLOTTE WARD

Spare yourself another day of Kim Kardashian's curves, Justin Bieber's dreadlocks and Miranda Kerr's pout. It's time to bypass the same old selfies and follow our pick of wellbeing instagrammers instead.

@clean_eating_alice

Bored of opening the fridge, closing it again and then resorting to a pack of Cadbury's chocolate fingers for lunch? Author Alice Liveing makes healthy eating seem easy with her simple-to-follow meal suggestions. Often incorporating essentials such as eggs, broccoli, avocado and

asparagus there's no need to send out a search party for fancy ingredients either. With short exercise videos thrown in, you'll be inspired to eat better and move more.

@deepakchopra

You're lovely. There, we said it. But when we're not here to tell you try following meditation guru Deepak Chopra. Whether he's sharing daily quotes of inspiration or links to articles about achieving balance and happiness, you'll come away feeling decidedly more Zen. As Deepak himself says: "In the process of letting go you will lose many things from the past, but you will find yourself." Namaste.

@mindfulmt

Therapy doesn't come cheap – unless, that is, you follow a licensed marriage and family counsellor on Instagram. Whether you're dealing with grief or lost love, trying to repair a broken relationship or after simple solutions to communicate better or resolve conflict, Vienna Pharaon is here for you. Best of all her thoughtful quotes and advice are far more thorough than the average Instagram caption.

@thecreativityexchange

There's a good reason why adult colouring books are flying off the shelves – artistic endeavours reduce stress, help

you relax and promote happiness. You'll want to get crafty after taking a peek at the visual feast that is Cyndy Aldred's Instagram feed. With ideas for perfect pot plants, dreamy house décor and homemade gifts and crafts, you'll be blissfully basking in DIY projects before you know it.

@decluttrme

Not only does living a cluttered life look unsightly, it's more likely to lead to stress when you can't find things, the mistake of repeat purchases and trouble paying bills. Pro organiser Shelina Jokhiya posts daily inspiration and lifestyle hacks to help.