

LISA FAULKNER on how she transformed her life

UK EDITION

# PSYCHOLOGIES

MAGAZINE

AUGUST 2021 • £4.80

## Feel more confident

Why stepping out of your comfort zone makes you happier

**8** easy ideas to boost your powers of persuasion, today!

The magical power of

**WORDS TO HEAL YOUR HEART**

**15-PAGE DOSSIER**

## UNDERSTAND YOUR COMFORT EATING

- Discover new ways to think about food
- Free yourself from your cravings

**Can't sleep?**

Discover the secret to sleeping all night long

**TAKE CHARGE OF YOUR TECH**

Less screen time, more you time

**JOE WICKS**

Recipes the whole family will love





Feel inspired every day  
wear a mantra

Each piece symbolises a specific mantra, intended to make a positive impact on the way that you feel.

Build your self-belief and embrace the life you choose.

Mantra Jewellery. Here to inspire you.



READER  
OFFER  
15% discount  
to Psychologies  
readers\*



*'I am exactly where  
I'm supposed to be'*

*"A piece of jewellery can't change the world. But it can change the way you feel. And that can change **your** world."*

Jo Stroud, Mantra Founder

\*Use code PSYCH15 at checkout. Offer valid until 31st October 2021.

Discover the world of mantra at:  
[www.mantrajewellery.co.uk](http://www.mantrajewellery.co.uk)  
01926 335800

# Contents

AUGUST 2021



Cover: Jay Brooks/Camera Press

## \* ON THE COVER

### Regulars

- 7 EDITOR'S LETTER
- 8 LETTERS
- 9 I'D LIKE TO THANK...
- 11 THE FIX
- 17 HARRIET MINTER
- 106 LAST WORD

### Features

- 18 \* **LISA FAULKNER**  
The chef and actor chats about coping with grief, motherhood, ambition – and working with her husband!
- 24 **'WILL A LABEL LIMIT MY GIRL?'**  
Agony aunt Mary Fenwick gives sage advice to readers with life dilemmas
- 26 **LOVE IS A CHOICE**  
In her series on life lessons, 'What my mother never told me', Vee Sey reveals that relationships don't need to be all tears, tantrums and torment
- 28 \* **PUT TECH IN ITS PLACE**  
We might live in a digital world, but we can still learn how to hang up on bad habits and stop being slaves to our devices, declares Rebecca Frank
- 32 \* **CALL OF THE WILD**  
Could a taste of adventure be what you need to boost your energy and help you feel more confident?
- 38 **'MY BROTHER CUT ME OUT'**  
Coach Kim Morgan guides a reader who is struggling to understand why her sibling has abandoned her
- 41 **THE ANSWER IS WITHIN**  
Tune into your inner voice and become your own mentor, says Jackee Holder

## Dossier

61



## 61 \* *The Dossier* *Get to grips with emotional eating*

### 61 UNDERSTAND YOUR URGE TO BINGE-EAT, AND REGAIN CONTROL

Discover how to take the angst out of your relationship with food and fuel yourself well, without self-sabotage and guilt, writes Anita Chaudhuri

### 66 MINDFUL EATING IN 3 STEPS

Learn the easy method to pay attention to your food, relish your meals with all your senses – and feel wholly satisfied

### 70 WHAT'S AT THE ROOT OF YOUR EMOTIONAL EATING?

Take our insightful psychological test by therapist Sally Brown and reveal what drives you to raid the biscuit tin

### 74 'I MADE FRIENDS WITH FOOD'

After decades of denying herself the foods she loves, a reader finds a way to live in harmony with her appetite and savour her meals without remorse

JOIN US TODAY!



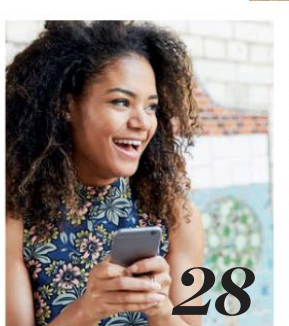
**3 ISSUES FOR JUST £5!**

**Subscribe** to 'Psychologies' and commit to a happier life. Benefit from life-changing tools, mind hacks and advice from top experts, plus free membership of the Life Leap Club – an exclusive coaching club with a supportive online community. Join us today and pay just £5 for three issues, then continue at a saving of 29% a month. There's no easier way to access world-leading, expert advice for less than the price of a latte! Find out more on page 76



# Contents

AUGUST 2021



28



92



86



54

## Features

### 42 COULD YOU COACH?

Whether you are looking for a life change or simply need support, could coaching be the answer?

### 44 \* THE ART OF PERSUASION

Do you deserve a pay rise or just want more help looking after the children? Learn to make your negotiation skills count

### 48 \* WORDS THAT HEAL

Author Matt Haig tells Nicola Slawson how literature helped him find peace during a low point

### 54 CHART YOUR COURSE

We're told that everyone else has the answers, but could wisdom come from an unexpected source?

### 58 DEAL WITH ANXIETY

Sarah Niblock outlines the physical manifestation of worry

## Real Wellness

### 80 MINDFUL WELLNESS

Revolutionise your health holistically with Ali Roff Farrar

### 86 \* GO BACK TO SLEEP

Waking to the sound of birds chirping is lovely – but not at 4am! Learn accessible ways to help you sleep all night long

## The Retreat

### 92 HOLIDAYS TO SATISFY YOUR WANDERLUST

Think about what you're really looking for in a holiday, and you'll find everything you need right here in the UK, says Heidi Scrimgeour

### 98 THE WORDS

Literary inspiration for book lovers and inquisitive minds

### 100 \* FEASTING

The nation's favourite PE teacher, Joe Wicks, inspires weary cooks with meat-free recipes for tasty and healthy family suppers



100

ORDER OUR NEXT ISSUE NOW AND GET FREE DELIVERY DIRECTLY TO YOUR DOOR

## Free yourself from anxiety and stress

Don't miss our September issue! We discover why working for a good cause can be life-changing, learn ways to improve our decision-making, boost our self-esteem, and create the perfect summer retreat. Plus, in our in-depth Dossier, we explore how to combat the feelings of social anxiety so many of us are experiencing right now.

Order online at [SHOP.KELSEY.CO.UK/PY1021](https://shop.kelsey.co.uk/py1021)

Call now on 01959 543747 Quote ref: PY1021

Order by 31 August and your copy will be posted to you. You will receive 13 issues in a year





## OUR TEAM

Editor Sally Saunders  
Art Editor Jennifer Ratcliff  
Chief Sub-Editor and Production Editor Vee Sey  
Features Editor Heidi Scrimgeour  
Associate Editor Anita Chaudhuri  
Digital Editor and Wellness Director Ali Roff Farrar  
The Fix Editor Ellen Tout  
Contributing Editors Gut Eve Kalinik  
Retreats Caroline Sylver Jones Digital Anne Thorn

## ADVERTISING & PRODUCTION

Tandem Media, Account Manager Nichola Hollands (07548 306670)  
nichola@tandemmedia.co.uk  
Production and Design Manager Andy Welch (01223 220245)  
andy@tandemmedia.co.uk

## MANAGEMENT

Chief Operating Officer Phil Weedon  
Chief Executive Steve Wright  
Managing Director (Lifestyle Brands & Circulation) Kevin McCormick  
Retail Director Steve Brown  
Subscription Marketing Director Gill Lambert  
Subscription Marketing Manager Nick McIntosh  
Events Manager Kat Chappell  
Print Production Manager Georgina Harris  
Print Production Controller Hayley Brown

## SUBSCRIPTIONS

13 issues of *Psychologies* are published per annum

- UK annual subscription price: £62.40
- Europe annual subscription price: £74
- USA annual subscription price: £74
- Rest of World annual subscription price: £79
- UK subscription and back issue orderline: 01959 543747
- Overseas subscription orderline: 0044 (0) 1959 543747
- Toll-free USA subscription orderline: 1.888 777 0275
- UK customer service team: 01959 543747; subs@kelsey.co.uk

Find subscription offers on our website: [shop.kelsey.co.uk/psf](http://shop.kelsey.co.uk/psf)  
Manage your subscription online [shop.kelsey.co.uk/site/loginform](http://shop.kelsey.co.uk/site/loginform)

## DISTRIBUTION & PRINTING

• William Gibbons & Sons Limited, 26 Planetary Road, Willenhall  
WV13 3XA; 01902 730011; [williamgibbons.co.uk](mailto:williamgibbons.co.uk)

• Distribution in Great Britain: Marketforce, 3rd Floor, 161 Marsh Wall,  
London, E14 9AP; 0330 3906 5551

Distribution in Northern Ireland and the Republic of Ireland:  
Newsprint: 353 23 886 3850

• The information given in *Psychologies* is provided for entertainment and should not supersede the advice of medical experts. You must not rely on the information in this magazine as an alternative to advice from your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek expert attention.

*Psychologies* Magazine is a registered trademark. Copyright ©2002

*Psychologies* Magazine is a registered trademark and is published monthly by Kelsey Media 2020 all rights reserved. Kelsey Media is a trading name of Kelsey Publishing Ltd. Reproduction in whole or in part is forbidden except with permission in writing from the publishers.

**Note to contributors:** Articles submitted for consideration by the editor must be the original work of the author and not previously published. Where photographs are included, which are not the property of the contributor, permission to reproduce them must have been obtained from the owner of the copyright. The Editor cannot guarantee a personal response to all letters and emails received. The views expressed in the magazine are not necessarily those of the Editor or the Publisher. Kelsey Publishing Ltd accepts no liability for products and services offered by third parties.

**PRIVACY NOTICE:** Kelsey Publishing Ltd uses a multilayered privacy notice, giving you brief details about how we would like to use your personal information. For full details, visit [kelsey.co.uk](http://kelsey.co.uk), or call 01959 543524. If you have any questions, please ask: as submitting your details indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email or SMS. You can opt out at ANY time via email: [data.controller@kelsey.co.uk](mailto:data.controller@kelsey.co.uk) or 01959 543524.



# Words of wisdom from our contributors...

## AUTHOR MATT HAIG



*"A single line or paragraph of some piece of ancient wisdom can actually make a difference to your life and reframe your perspective. I am a true believer in the power of words." Find out how words can heal and offer comfort on page 48*

## PSYCHOTHERAPIST GOSIA BOWLING

*"Can't get to sleep? Stop watching the clock. Counting the minutes will only heighten your anxiety about being awake. Instead, try the 'sleep paradox' – try to keep your eyes open!" Uncover more helpful sleep advice on page 86*



## TECH EXPERT JOANNE ORLANDO



*"Historically, women have held the mental load of family life, and technology has overwhelmed this sense of duty with the expectation that we must be available – by phone, messaging, social media and email – any minute of every day!" Learn to stop being a slave to your phone on page 28*

## GLOBAL EDITIONS

Groupe Psychologies, 2-8 rue Gaston-Rebuffat, 75019 Paris, France. Tel: 01 44 65 58 00

**PSYCHOLOGIES FRANCE**  
Editor-in-Chief: Laurence Follia

**PSYCHOLOGIES ROMANIA**  
Ringier Magazines, 6 Dimitri  
Pompou Street, Bucharest. Tel: +40 212  
03 08 00. Managing Director: Mihnea  
Vasilu (mihnea.vasilu@ringier.ro)  
Editor-in-Chief: Iuliana Alexa (iuliana.  
alexa@ringier.ro) Advertising Manager:  
Monica Pop (monica.pop@ringier.ro)

**PSYCHOLOGIES BELGIUM**  
Edition Ventures, Chaussée de  
Louvain 431D, 1830 Lasne. Tel: +32 2 379  
29 90 Editorial Director: Marie-Christine  
De Wasseige (mc.dewasseige@ventures.  
be) Chief Editor (French): Christiane Thiry  
(christiane.thiry@ventures.be)  
Chief Editor (Flemish): Barbara Van den  
Abeele (b.vandenabeele@ventures.be)  
Advertising Manager: Manonelle Sepulchre  
(manonelle.sepulchre@ventures.be)

**PSYCHOLOGIES RUSSIA**  
Hearst Shkulev Media,  
Psychologies Russia,  
31b Shabolovskaya Street,  
Moscow 115162. Tel: +7 495 981 39 10  
President: Viktor Shkulev  
(vshkulev@shmedia.ru)  
Editor-in-Chief: Xenia Kisileva  
(xkisileva@shmedia.ru) Publisher  
and Advertising Manager: Ekatarina  
Kerova (ekerova@shmedia.ru)



**The new fragrance range  
by Katie Piper,  
on sale at  
Superdrug now.**



**"My fragrances, Confidence by Day and Confidence by Night,  
beautifully complement each other.**

**I created these inspiring scents to reflect the qualities that are within all of us.  
My products have been designed to ensure those who use the collection are reminded  
of the strengths, ability and power we all possess and must harness in the most challenging times.**

**It is my hope that whilst the range focuses on treating yourself,  
you will also gift it to the people who matter in your life, those who need it most.  
This range was developed to give the gift of confidence so embrace it!"**

**2% of the net wholesale price will be donated  
to the Katie Piper Foundation.**

**The  
Katie  
Piper  
Foundation**

**Superdrug ☆**



**Sally Saunders**  
Editor

## Brave new world

'There's an inner adventurer in all of us – sitting behind our desk or snuggling up on our sofa – who might be yearning to get out and prove what we can do and who we are!' declares adventurer Belinda Kirk on page 32. It might not have felt quite like that over the past year, but now that our lives are (hopefully) opening up again, discover why taking a few simple steps to free the bold spirit within may be just what you need to help you feel more confident and hopeful in the days and months ahead.

Trying to kick some of your less-favourite habits is another way you can give yourself a powerful boost this month. Many of us have found the siren call of a second helping of salted caramel ice cream or chocolate fudge cake harder to resist recently, but Anita Chaudhuri gives us the tools we need to regain control over comfort eating in our Dossier on page 61, and Rebecca Frank helps us liberate ourselves from constantly checking our phones on page 28.

And, if you have any important conversations coming up this month, from asking your boss for a pay rise to explaining to your other half that he really *does* need to do his share of the childcare this summer, Larissa Chapman has a few killer tips on how to improve your powers of persuasion on page 44.

Our 'Last word' on page 106 comes from the incomparable Helen Keller: 'Keep your face turned towards the sun and you will not see the shadows.' You've already taken that decision by picking up this magazine – 'turning your face towards the sun' by reaching for our empowering features and choosing ways to help yourself be more courageous and positive, in command of your life and happier. I hope that simply by reading *Psychologies*, you will find your days a little sunnier.

This is my first issue as Editor of *Psychologies*. Thank you to the wonderful Suzy Walker for handing me the reins of this amazing magazine. I'm looking forward to adventuring with you. Have a wonderful month!

Sally x



JOIN US AND LET'S JOURNEY TOGETHER

## Your tribe is waiting for you

**Subscribe now** and pay just £22 every six months for 13 issues of your favourite magazine. You will benefit from special offers, free delivery, our weekly e-newsletter and membership of the Life Leap Club, our supportive online community. Become part of the 'Psychologies' tribe and let us be your beacon of hope and light, no matter what challenges life throws your way.

**SAVE  
29%**

Order online at [SHOP.KELSEY.CO.UK/PY1021](http://SHOP.KELSEY.CO.UK/PY1021)  
Call now on 01959 543747 Quote ref: PY1021

• Subscription starts with the next available issue. Offer ends 31 August 2021

PHOTOGRAPH: TOM CRITCHELL

EVENTS? SIGN UP FOR OUR FREE NEWSLETTER – DELIVERED DIRECTLY TO YOUR INBOX! GO TO [bit.ly/2KN0B8z](http://bit.ly/2KN0B8z)



# Viewpoint

Send your letters of gratitude, and tell us what you loved reading in the magazine, to [letters@psychologies.co.uk](mailto:letters@psychologies.co.uk)



Star  
letter

## THREE IS THE MAGIC NUMBER

*I have a rule that when I make a purchase, whatever I buy must be inspirational. This is a great way to slow spending and only invest in meaningful things. I looked for worthwhile reading and found 'Psychologies' – inspirational thinking, ideas and pictures in one package!*

*A standout article for me recently was 'Balance training' (March). I relate to the 'rule of three' suggestion – whether it's making three clear points in a meeting at work or managing my day into three sections of work, family and personal time. A great philosophy, and easily put into practice. Thank you, 'Psychologies'. Jeanette*

**Share with us...** Share your photographs and comments with us on Instagram [@psychologiesmagazine](https://www.instagram.com/psychologiesmagazine), or tweet us [@PsychologiesMag](https://twitter.com/PsychologiesMag), both using [#PsychologiesMagazine](https://www.instagram.com/psychologiesmagazine)

 **@NickiHBC:** Hugely excited to be reading [@PsychologiesMag](https://www.instagram.com/psychologiesmagazine) and spotting us as the reader podcast of the month with [@Influentialpod](https://www.instagram.com/Influentialpod). Hear stories from uplifting women to lighten your day. Thanks all. Great magazine for positivity and finding your mojo.

 **@Gillgrowsucceed:** Having a very early Sunday chill in great company with [@PsychologiesMag](https://www.instagram.com/psychologiesmagazine).


 **@LivvyChrissie:** It's out today... a two-page spread in [@PsychologiesMag](https://www.instagram.com/psychologiesmagazine). Thank you for making me a contributor and to [@SarahNiblock](https://www.instagram.com/SarahNiblock) of [@UKCP\\_Updates](https://www.instagram.com/UKCP_Updates). For more in-depth info, listen to the *Talking Therapies* podcast!



 **ABOVE @emta\_psychologist:** I love this quote (May). Let's celebrate the warmth of summer!

 **RIGHT @carlyscardcrafts:** I repurposed my favourite magazine, *Psychologies*, into a decoupage box to store notecards. I have been a subscriber for three years and pore over every word. Long after I am bored with other mags, I still get so much out of *Psychologies* and often share my copies with lucky neighbours.



 **LEFT @themindfullifecoaching:** I love this feature in [@psychologiesmagazine](https://www.instagram.com/psychologiesmagazine) on childhood aspirations (June). The phrase 'self-seeking wisdom' and working out what we really want deeply resonated with me. Getting back in touch with our childhood dreams can be so powerful!



**Read all about it!** DO ANY OF THESE LETTERS SPEAK TO YOU? IF YOU MISSED A COPY OF 'PSYCHOLOGIES', WANT

## THE NEXT CHAPTER AWAITS

I want to sincerely thank the *Psychologies* team. Your magazine has helped me get the most out of life. It started in 2015 when I was founder of one of your Happiness Clubs – one of the most rewarding things I've done. Since then, you've helped me see what truly matters in life.

I have been feeling conflicted, balancing a demanding job with parenting. A recent quote in the magazine stopped me in my tracks: 'I trust the next chapter because I know the author.' I bought the 'What's your story?' journal recommended in Jackie Holder's column (Spring) and I'm getting back on track. Thank you, *Psychologies*, for being there. You've made a difference to my life. *Kirsty*

### PHOTO COMPETITION

*When lockdown first happened, I struggled, and still find it hard. Not seeing loved ones and constant work took their toll on my wellbeing. My boyfriend and I started walking regularly. I enjoy photography and spotted this beautiful magpie pair on a tree. They remind me of the saying 'one for sorrow, two for joy'. Even though Covid has been tough, being with my boyfriend and getting outdoors has made things so much easier. Anna*

**The winner**



**Would you like** to showcase your photographic talent in *Psychologies*? What moment has made you feel inspired, grateful or moved this month? Capture it and tell us why. We'll print the winner, plus you'll receive a free copy of our bookazine, *'Find Your Calm'*, worth £6.99. Share your photograph with us and explain its inspiration on Instagram @psychologiesmagazine with the hashtag #PsychologiesPhoto, or email it to [letters@psychologies.co.uk](mailto:letters@psychologies.co.uk)

### Letter of gratitude

## I'd like to thank...

*My fantastic friend,*

*We've been friends for years and you've always been there for me. Now I want to be there for you – to thank you, support you and tell you how great you are. I appreciate our friendship and I want you to know that we will see each other soon and enjoy our usual meetups and city breaks.*

*The challenges you face – those feelings will pass. Don't let the worries take over, please believe in yourself and stay strong. Get your self-care box and allow it to support you – it's so important right now.*

*Don't change. Continue to be who you are because you are a kind, fair and thoughtful person. You have a heart of gold. Let it shine and don't let anyone or anything dim its vibrancy.*

*Thanks for being a great listener and my friend. Thanks also for recommending 'Psychologies'. I love it!*

*Your forever friend*



This month's gratitude letter, star letter and chosen photo win a free copy of our enlightening bookazine, *'Find Your Calm'*, worth £6.99! Go to [shop.kelsey.co.uk/product/BZPSYFYIC](http://shop.kelsey.co.uk/product/BZPSYFYIC) to order a copy.

**Send your letters to**  
[letters@psychologies.co.uk](mailto:letters@psychologies.co.uk)

# Jointace®

## ACTIVE TOGETHER



FROM UK'S No.1 VITAMIN COMPANY\*



If you're enjoying a more active life, Jointace provides expert nutritional support, with unique combinations including Glucosamine, vitamin D and much more. Plus vitamin C which helps support normal collagen formation<sup>1</sup>. However you keep active - **choose Jointace**.

Also available: topical gels and patches

from **Boots**, **Holland & Barrett**,  
supermarkets, chemists, health stores  
& [www.jointace.com](http://www.jointace.com)

\* Source: Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales \$2 w/e 24 April 2021.  
To verify contact Vitabiotics Ltd, 1 Apsley Way, London, NW2 7HF. 1. Vitamin C contributes to normal collagen formation for the normal function of bone and cartilage.



SCAN FOR INFO



**VITABIOTICS**  
SCIENCE OF HEALTHY LIVING



# The Fix


News • Reviews • Books • Film • Art • Ideas

EDITED BY ELLEN TOUT

## *Mind your step*

It's one of the first things we learn to do, and it literally carries us through life. The benefits of walking have become apparent to many of us over the past year, with 63 per cent of people saying that a daily stroll helps them manage their mental health.\* Author Libby DeLana can certainly extol the virtues – in 2011, the Californian stepped outside for a walk... She did the same the following day, and the following. It became a daily ritual that resulted in her walking more than 25,000 miles – the equivalent of the circumference of the earth.

In her book *Do Walk: Navigate Earth, Mind and Body. Step by Step*, DeLana celebrates this simple pleasure, sharing her journey, as well as exercises and mantras we can all apply to our daily walks.



“All walking is discovery.  
On foot, we take the time  
to see things whole”

*Hal Borland*

PHOTOGRAPH: GETTY IMAGES. \*DO WALK: NAVIGATE EARTH, MIND AND BODY. STEP BY STEP. LIBBY DELANA. BOOK (CO. £8.99). \*SPORT ENGLAND. SURGE IN APPRECIATION OF EXERCISE AND ACTIVITY DURING LOCKDOWN. 2020

>>>

# The Fix

Thought-provoking culture, creative ideas, insightful science and inspiring gifts



## MED MEMORY BOOST

Yearned-for holidays in the Mediterranean might be on hold for a while longer, but you can evoke colourful feasts at a taverna in the sunshine at home – and your brain will thank you for it.

A study found that a diet rich in vegetables, fruit, fish, cereals and monounsaturated fats, such as olive oil, reduces the loss of brain cells and could keep you mentally sharper for longer.\* Participants in the research also reduced the amount of dairy, meat and saturated fat in their diet, and were found to have less fat build-up in the brain – a factor linked with faster brain ageing and conditions such as dementia and Alzheimer's disease.

So, enjoy the long summer evenings with a generous helping of vibrant Mediterranean food – and make memories to treasure!

## HACK INTO HAPPINESS



### GO TEAM ME!

*Say three cheers for yourself and don't give up, says happiness expert and coach Kia Cannons*

Doing what you love in life brings happiness and fulfilment, but it still takes effort and work. Finding the motivation to keep going on your path to joy is about focusing on what could go well for you instead of where and why you might fail. Use these journal prompts to empower you:

- *How will following my passion benefit me?*
- *If everything worked out, I could potentially...*
- *I deserve to be happy because...*

Be your own cheerleader, reminding yourself of the positive things at your fingertips and that your contentment is at stake, which will create the drive you need to build a life that you love, even when it feels difficult.

PHOTOGRAPH: GETTY IMAGES; \*MEDITERRANEAN DIET, ALZHEIMER DISEASE BIOMARKERS AND BRAIN ATROPHY IN OLD AGE, 'NEUROLOGY', 2021; GERMAN CENTER FOR NEURODEGENERATIVE DISEASES

**Missed an issue?** COMPLETE YOUR MINDFUL LIVING LIBRARY. ORDER BACK ISSUES OF 'PSYCHOLOGIES' AT

Culture

## Skin deep

In the West, we're the first to own up to the fact that we're unhealthily obsessed with the physical and hold up ridiculous standards of beauty. But it seems the problem might be more global than we realised.

With his series of intimate and revealing portraits, *Rock Your Ugly*, photographer Waleed Shah has kickstarted a body positivity movement in the Middle East. Shah asked each subject to showcase their biggest insecurity and share the story behind it. He says: 'Many of us carry deep emotional scars that we do everything we can to hide behind our clothes, careers and Instagram filters.'

'The sessions were like therapy for me and the person I was photographing. I've learned that compassion is key. I now see the human being in front of me like kintsugi, the Japanese art form where broken objects are put back together with gold as the glue. *Rock Your Ugly* has opened my eyes to the beautiful golden lines.'

*'Rock Your Ugly: A Middle Finger To Toxic Beauty Standards' by Waleed Shah (The Dreamwork Collective, £29)*

**"I see people as kintsugi, the art form where broken objects are put back together with gold as the glue"**



PHOTOGRAPHS FROM *ROCK YOUR UGLY: A MIDDLE FINGER TO TOXIC BEAUTY STANDARDS* BY WALEED SHAH. MEDITATION AFFECTS WORD RECOGNITION OF MEDITATION NOICES. PSYCHOLOGICAL RESEARCH, 2021



'Be kind' plate, £17.50, [artwow.co](http://artwow.co)

Children's kindness T-shirt, £5, [matalan.co.uk](http://matalan.co.uk)

'Be kind' journal, £2, [wilko.com](http://wilko.com)



## AFTER A STORM COMES A RAINBOW

*Kindness helps us see a brighter world, explains scientist and author David Hamilton*



It is known that sadness washes the colour out of life, metaphorically speaking. Scientifically, negative emotions affect the processing of colours in the brain, causing

them to appear less vibrant. Negative emotions cause us to experience many things more negatively, yet little is known about the impact of positive emotions.

New research\*\* shines a light on the impact of kindness on perception, suggesting that it helps us perceive positive things more positively. Psychologists at the University of Wuppertal in Germany asked volunteers to perform sessions of the loving kindness meditation, where the practitioner focuses on kind and compassionate thoughts about themselves and others. Before and after a seven-week meditation course, participants in the study were asked to rate the emotional valence of words. After the programme, the volunteers rated positive words more highly and recognised positive words faster. The phrase 'a kind word' takes on even more meaning.

**Join 'Psychologies' kindness tsar David Hamilton** live on Facebook @Psychologiesmagazine for his free kindness challenge and monthly broadcasts – next on 21 July at 12pm. Catch up via Psychologies TV at [tinyurl.com/pskind](http://tinyurl.com/pskind). For more, join the 'Psychologies' Life Leap Club, free when you subscribe to the magazine. *The Little Book Of Kindness* (Octopus, £6.99) and *The Five Side Effects Of Kindness* (Hay House, £12.99) by David Hamilton are out now





## FEELGOOD FACTORS

*Do you need a summer reboot?  
In-house coach Nikki Peterson  
shares key questions to ponder  
while lazing on your sun lounger*

- **What would you love to learn?**
- **What potential adventure excites you?**
- **What gives you joy?**
- **Who are you with in your fantasy adventure?**
- **How would the person you want to become spend their days?**
- **What steps can you take to make your dream happen, or get closer to where you want to be?**

Follow @nikkipeterson... and find more at [tigerbeecoaching.co.uk](http://tigerbeecoaching.co.uk)



## GREEN IDEAS

### SEE THE LIGHT



We hear so much about green energy, but what that actually means can vary greatly. Outdoor clothing company

Patagonia has launched a brilliant campaign, We The Power, highlighting how community energy could provide a solution that is both fair and clean.

This activism exists at grassroots level, with communities investing in and producing renewable power – a win-win because the social and economic benefits are shared through local projects. Emma Bridge of Community Energy England explains: 'It empowers people and communities to play an active role in helping change the energy system and tackle the climate crisis.' To find more about

*the community energy movement, how to switch and support action, see [eu.patagonia.com/wethepower](http://eu.patagonia.com/wethepower)*



#### Reader offer!

Ellen's book *'The Complete Book Of Vegan Completing'* (Nourish, £14.99) is available for pre-order now. *'Psychologies'* readers can save 30% with the offer code 'COMPLEAT21' at [tinyurl.com/psymag](http://tinyurl.com/psymag)



**For more green living ideas,** follow Ellen on Instagram @Ellen\_Tout and @compleatly\_vegan; [ellentout.com](http://ellentout.com)

### In a jam

If you've gone back to the office after working from home, or not had a break from the daily commute, you won't be surprised to hear that the journey into work can reduce productivity by draining precious mental energy – all before the nine-to-five has even begun!

A study\* found that traffic or delays deplete our resources and make it harder to focus and become absorbed in our tasks once we reach the workplace. Could flexible start times be the answer?



**Bamboo travel mug, £8, [joe.browns.co.uk](http://joe.browns.co.uk)**

Film  
of the  
month

## Nowhere Special

Directed by Uberto Pasolini

This is a deeply moving story about the beginning and end of life. John (James Norton), a window cleaner and single father living in Northern Ireland, is devoted to his son, Michael. But John has only months to live and is faced with the unimaginable task of finding a new family for Michael, while protecting his son from the grief of the situation.

Based on a true story, *Nowhere Special* is firmly grounded in a plaintive reality that sensitively handles themes of parenthood and loss, while sidestepping maudlin sentimentality in a style reminiscent of film-maker Ken Loach.

Norton delivers an impressive and understated performance that imbues John with a brittle introversion that we explore as he interviews potential caregivers. There are moments when John expresses his anguish and we discover more about the layers of his sadness as he meets the families and mourns the future he will never have.

Amid the weight of the subject matter, there are moments of joy and innocence, which add levity to what will no doubt be one of the most beautiful and life-affirming films of the year. **MB**



60% OF WORKERS  
FEEL THEIR  
EMPLOYER

IS TOO 'TRADITIONAL' TO  
CHANGE WORKING PATTERNS  
AFTER THE PANDEMIC\*

\*WALTERS PEOPLE SURVEY, 2021

## OUR ROAD TO RESILIENCE

### Regain patience and perspective



By Katie Piper

The pandemic has presented many hurdles and it's been a truly difficult time. We just had to square our shoulders and get on with it – without respite. When we have little choice, it's common for things that usually wouldn't faze us to irritate us or get us down. I've learned that when my patience is low, I need to find space for myself so I can reflect and realign. Mental clarity about where I am through exploring the specific reasons that I'm being set off help ameliorate tension going forward.

Finding the opportunity to be alone is difficult, but it is important to give yourself solitude to process challenging emotions and events. When I manage to find an hour for myself, this is my method for recapturing tolerance and a more positive mindset:

Note the things that are irritating you or negatively affecting your mood. For each one, spend time thinking about it and ask yourself:

- Is this really what I'm bothered about?
- What is the problem?
- Whose problem is it?
- What boundaries need to be honoured or restored for me to feel less irritated?

One of my favourite mental health campaigners, Karamo Brown, says: 'If it's hysterical, it's historical.' This means that when superficial things trigger us, there's usually something deeper involved. Remember, the first step to moving forward is acknowledgement.

**Tip:** Don't be hard on yourself – any attempt at growth is unlikely to work completely the first time. It's a process and requires practice. Keep going!

I highly recommend *Working Hard, Hardly Working* (Cornerstone, £16.99) by Grace Beverley. It's an honest look at work and productivity in the modern world. Her podcast of the same name is on Acast.



Go to [psychologies.co.uk](https://psychologies.co.uk) for more words of wisdom and strength from our monthly columnist, the indomitable Katie Piper

# step by step trek cuba

22-30 October 2022



Discover the vibrant lifestyle, tropical wildlife and natural paradise of Cuba on this amazing women-only trek!

For more information and to register online:

[www.dream-challenges.com/step-by-step-cuba](http://www.dream-challenges.com/step-by-step-cuba)

Tel: 01590 646410

Email: [events@dream-challenges.com](mailto:events@dream-challenges.com)





## LESSONS IN ADULTHOOD

*'Tis the season to be silly*

From the sublime to the ridiculous... yes please! Harriet Minter calls for a summer of fun – because there's enough to be serious about

**T**HE HEIGHT OF SUMMER is known as the silly season in the media – when the sun is shining and you push your lunch break to the max to enjoy the long-forgotten heat. The term came about because parliament took a break and there was little serious news to write about. Papers were filled with stories about killer chipmunks or Jesus's face miraculously appearing on toast – things so trivial they would have been dismissed at any other time.

Today, silly season has no start or end. We are aware of events around the globe, no matter how sunny or rainy it is. Social media makes it possible for the most banal stories to grace the front pages at any time, if only enough people share it on Twitter. In the midst of this, we've lost the pleasure of a time dedicated to enjoying the trivial, frivolous and, well, silly. So, this summer, I'm bringing silly season back.

I say this as someone who finds being silly challenging. My parents used to refer to me as 'four going on 40'. On my first day of school, I stayed inside at break to plough through my new workbook. When the teacher suggested I might want play with the other kids, I said, 'I'm not here to play, I'm here to work!'

While I can't claim that level of diligence has lasted, I'm still more likely to be found at my laptop working than on the swings in the

park. But, after a year of fear and sadness, there is something to be said for embracing the sillier side of life. During the pandemic, we have become good at appreciating the small things – we take more time over our evening meal, pay closer attention to the changing

colours of the seasons on our daily walk and long to give our friends a hug hello.

I think the next stage is to take our appreciation of such daily pleasures and move it

into finding joy in life's regular ridiculousness. I want to howl with laughter at the sight of a dog chasing its tail. Never mind hugging loved ones, I want to tickle them until we both cry. I may even want my bottom wedged halfway down a slide that I have clearly outgrown.

Being silly isn't about forgetting about the bigger things going on, in fact, I'd argue it's a vital step in remembering them. When we allow ourselves to find humour in the foolish aspects of our world, we top up the reserve of resilience that allows us to deal with the tough bits.

Silly season may have been created to fill a gap in the news, but it's an essential tool in our armoury and, this summer, I shall be deploying it with all the vigour of a clown throwing their first custard pie of the night. Yours truly, Harriet Minter, aged (nearly) 40, going on four.

*For weekly wisdom from Harriet, sign up for her newsletter at [tinyletter.com/harrietminter](https://tinyletter.com/harrietminter) and follow her on Twitter and Instagram @harrietminter*



# “It’s good to challenge yourself... just close your eyes and go for it!”

Chef Lisa Faulkner reinvented herself, followed her passion and found love. She opens up about motherhood, surviving grief, balance and change

WORDS: LARISSA CHAPMAN

**W**orking with your other half could be a dream – or a nightmare – but Lisa Faulkner takes it in her stride. The food writer married chef John Torode in 2019, and they host their popular cookery show, *‘John And Lisa’s Weekend Kitchen’*, on ITV. Before her reincarnation as a cook, the actor appeared in soaps *‘Brookside’* and *‘EastEnders’*, and spy drama *‘Spooks’*. But her life took a different path when she won *‘Celebrity MasterChef’* in 2010 – and she decided to pursue her lifelong love of food.

*The mother of one enjoys spending time with her daughter, Billie, 14, and cooking with her family. ‘Cooking is a pleasure and I love that it keeps me close to home. Billie says I show love through food and she’s right – it brings me great joy!’*

*Faulkner inherited her love of food from her mother, who died when Faulkner was 16. She talks about mental health, taking risks and how she juggles work and parenting.*

**Q** How have you found the past year and what was the first thing you did when restrictions lifted?

I went out for a meal recently and I felt quite anxious. I was ready to get back to my nest by 10.30pm. I’ve never been a late-night person but I usually do better than that!

As much as I hated lockdown and I’m happy to be back to some form of normality, there were some positives to take from it. John and I cooked a different recipe every day and we enjoyed walks with the kids [John has four children from two previous relationships] and spending time together as a family. In many ways, life was simpler and it was easier to connect. I think we’d like to keep a few of those elements in our post-lockdown lives if we can.

My miniature schnauzer, Rory [named after a character from *Gilmore Girls*], was my saviour through it all – come rain or shine, she got me out of the house and connecting with nature, which is so important.

**Q** You’re a professional cook and a positive and proactive person, but was it a challenge to focus on your health and wellbeing during the pandemic?

It was certainly a challenge! I made fridge cake every week after spotting a recipe on Instagram. It was delicious and helped keep our spirits up. I think we all had to cut ourselves some slack during

>>>



As her T-shirt declares, family means a lot to Lisa Faulkner, and she loves being close to home



the last lockdown. Perhaps the summer months of 2020 didn't seem too bad, but the winter spell was brutal.

**Q With a teenager at home and a busy career, how have you balanced work and family life with the dreaded homeschooling schedule?**

I use the word homeschooling loosely! Billie had online lessons, so thankfully I didn't have to do any actual teaching – that would have been hell – but getting her motivated every morning to sit in front of a screen for hours was difficult. But we got through it. One positive was that I got an extra year with my daughter – a year when she probably would have spent much of her time going out with friends, rather than sitting at home with Mum.

**Q A change of career is a big undertaking, but you seem to have made the leap from actress to chef quite effortlessly. What was the transition like?**

I still enjoy flexing my acting muscles and I take on small jobs. It was a career that I loved and still do, but there was a point where I kept getting put up for the same sort of character and felt I needed a change and a new challenge. I wanted something 'unsafe'.

I won *Celebrity MasterChef* in 2010 and, just before the show aired, I was offered a role on TV soap *Emmerdale*. It was such a lovely role and I was tempted, but something in me was saying, 'No, you want to cook!' It was a sort of gut feeling. I was working in restaurants at the time, trying to get as much experience as possible. I decided to take the plunge and turn down the acting job to focus on cooking. I had no idea it would become my career but I am so glad I took the risk. In many ways, I still use my skills as an actor in my role as a chef – there's a lot of performing involved. It's been hard work but I feel so lucky – I get to do what I love and what I find comforting in this exciting realm.

**Q What gave you the confidence to take that leap of faith?**

I lost my mother [to cancer] when I was 16 and, even though she was ill, it was still a complete shock. I think it made me realise that life is too short and you never know what's around the corner. As a result, I've always taken every opportunity that



Lisa Faulkner is from a family of cooks and finds joy and satisfaction in the kitchen

comes my way, and I tend to go with my gut – I just close my eyes and jump in! It's good to challenge yourself from time to time. It's not always possible but, if you get an opportunity, just close your eyes and go for it!

I come from a family of passionate cooks – my mum and my grandmothers on both sides were fantastic cooks and big on dinner parties and occasions centred around food. In my early days, when I used to travel as a model, one of the first things my grandparents would ask me when I spoke to them on the phone was: 'What's the food like where you are?'

**Q Have you always had a healthy relationship with food?**

No, and when I started my career as a model and actress it became more troubled. I worried about my body and became more concerned about what I ate. It's fair to say it was up and down for a period. However, the thing that saved me was probably my upbringing and my underlying love of food. I was always hungry and I always wanted to eat. As much as I might have been concerned about my weight or appearance, I would eventually

**“In my early days, when I used to travel as a model, one of the first things my grandparents would ask me when I spoke to them on the phone was: ‘What’s the food like where you are?’”**



Faulkner and her husband, John Torode, are devoted to good food – and each other!



Faulkner credits Mary Berry with her balanced approach to cake!

cave and go and get a McDonald's. I think this desire to eat really kept me from going any further down that worrying path.

Thankfully, these days I'm more relaxed about things. I can see my body changing and I might not be as slim as I used to be, but I don't let it stress me out. It's a long game and I don't want a punishing regime that I can't keep up – I prefer something I can stick to, while enjoying a little of what I fancy.

## Q What's your philosophy on food?

I remember hearing Mary Berry being interviewed a few years ago... She said she regularly enjoyed a piece of cake and the interviewer asked why she wasn't overweight. She explained that she only ever ate one small slice at a time. I thought her response was so balanced and lovely, and I think I've adopted that food philosophy for myself. Food is there to be enjoyed; cooking it and eating it is something I love. As humans, I think we're all too good at becoming obsessive and taking things to the extreme. We might give up drinking, for example, and replace it with excessive exercise, but I'm a big believer in everything in moderation.

>>>

**“For me, yoga isn’t just about exercise, it’s an hour to myself, time to think and time to breathe”**

**Q While you advocate a slice of cake for wellbeing, you also care about health and fitness. What’s your exercise routine?**

My sister is a yoga teacher, so I do one of her classes – in person or virtually – every morning after dropping Billie at school. For me, yoga isn’t just about exercise, it’s an hour to myself, time to think and time to breathe. I also enjoy a good stomp through the countryside with Rory every day. I don’t like things to be too regimented when it comes to exercise – I do what I enjoy.

**Q You lost your mother when you were a teenager and your journey to motherhood wasn’t what you expected [Lisa adopted Billie in 2008 when Billie was 18 months old]. How do you keep yourself in a healthy headspace during life’s challenges?**

I’ve had therapy and counselling at various points throughout my life. I saw a counsellor at 18 after losing my mum, and I think it’s fair to say that she saved me. I’m certainly not ashamed to admit when I need to speak to someone. I think it’s important to seek help when you need it. You’ll often find that when you speak out about this sort of thing with friends and family that others start to share their experiences too, which can be a real eye-opener.

I’m incredibly lucky to have a wonderful, loving family. My dad, sister and I are so close, and my sister’s children are like my second children – my sister and I live around the corner from each other. I have a wonderful daughter and an amazing husband. We have our ups and downs, like every family, but we’re always there for each other and we make time to talk.

**Q What projects are you working on at the moment?**

We’re filming more episodes of *John And Lisa’s Weekend Kitchen*. It’s so much fun and we love cooking up new recipes together. John’s Thai food is amazing and I love tasting the different dishes.

I’m also honoured to have a small ‘blink and you’ll miss me’ part in upcoming BBC series *The Girl Before* [a psychological drama based on JP Delaney’s book of the same name]. It was wonderful to be part of that!

*Lisa Faulkner shares her recipes on Instagram @lisafaulknercooks; catch up on John And Lisa’s Weekend Kitchen on ITV Hub*





IT'S TIME TO GET BACK ON YOUR BIKE!



## RIDE THE NIGHT

**Are you ready for the UK's biggest women-only cycling event?**

Starting at Royal Windsor Racecourse, **Cycle 50km or 100km** through **London at night** to raise funds for Breast Cancer Now, Jo's Cervical Cancer Trust and Ovarian Cancer Action.

For more information and to register online:

[www.dream-challenges.com/women-v-cancer-ride-the-night-2022](http://www.dream-challenges.com/women-v-cancer-ride-the-night-2022)

[01590 646410 //events@dream-challenges.com](mailto:01590 646410 //events@dream-challenges.com)

**BREAST  
CANCER  
NOW**  
The research  
& care charity

ovarian  
cancer  
**action**

Jo's cervical  
cancer **trust**



To take part you need to pay a registration fee of £45 and fundraise £100 for the Women V Cancer charities.  
Registered Charity Nos. Breast Cancer Now: 1160558/SC045584, Ovarian Cancer Action: 1109743/SC043478, Jo's Cervical Cancer Trust: 1133542/SC041236.  
Women V Cancer is established under Giving Works. Registered Charity No. 1078770.

[f @WomenVCancerUK](#) [@RidethenightUK](#) [womenvcancer](#)

 **Dream  
Challenges**

Our agony aunt, Mary Fenwick, offers a new perspective on whatever is troubling you

**“I fear that an ADHD diagnosis will limit my child’s future”**



MARY FENWICK is a writer, speaker and executive coach; she's also a mother, divorcee and widow.

**GOT A QUESTION FOR MARY?**  
Email [mary@psychologies.co.uk](mailto:mary@psychologies.co.uk), with 'MARY' in the subject line.

FOR MORE about Mary's work in leadership and team coaching, her 'Writing Back to Happiness' programme and free resources, go to [maryfenwick.com](http://maryfenwick.com)

**Q** My daughter has self-diagnosed with ADHD. She believes it would explain a lot about her behaviour and struggles, which have been put down to anxiety. She is asking for my support in seeking a formal diagnosis, which means seeing a psychiatrist. I'm worried that having this label might have a negative impact on her life. What do you think? **Helen, 54**

**A** If we hear anything about ADHD (attention deficit hyperactivity disorder), it's usually a young boy who can't sit still. That prevailing image means it can take longer to recognise ADHD in girls, but doesn't mean it doesn't exist. Frequently, women diagnosed in adulthood feel huge relief.

Girls with the condition tend to be inattentive rather than hyperactive, so parents, teachers and even some medical professionals might not know what to look for. The difficulties with focus could manifest as daydreaming, zoning out or being labelled 'the chatty one'. For your daughter, this might mean feeling misunderstood and anxious and having low self-esteem.

Psychotherapist Leah Leaves learned that she had ADHD at the age of 43. She had always struggled to be tidy and organised: 'Without a different explanation, I turned it in on myself and believed I was lazy, fickle and useless.' She has set up a support group for women diagnosed as adults.

My own family has been on a similar learning path, and I've found great resources – not least to help with my guilt for not picking up on it earlier. The online magazine *ADDitude* has helped my understanding immensely, and so many things that we'd thought of as personality traits fell into place.

Treatment options include medication or behavioural therapy, both of which your daughter might have already experienced, although aimed at the wrong target. Ask your GP if she can be assessed through the NHS Right to Choose, which allows you to pick a psychiatrist and doesn't necessarily slow things down.

Both you and your daughter will find many similar stories of late diagnosis in *Understanding ADHD In Girls And Women* by Joanne Steer (Jessica Kingsley, £19.99). Typical ADHD traits, such as enthusiasm, creativity and the ability to be hyper focused can be a tremendous asset in working life. All are easier to harness once you know what's going on.

[leahleaves.com](http://leahleaves.com)



## “My friend is now my boss and I don’t like it”

**Q** I have been close friends with a colleague since we started working together five years ago. She was always more ambitious than me, which is OK, but now she’s my manager and I just can’t deal with it!

I’m not jealous but I find it hard to do what she tells me to do, and I feel as if she’s become distant as well. Should I look for another job?

**Name supplied**

**A** There are a few things you could try first, depending on how much you like your job. Most people find that the personal relationship becomes easier

when you set clear boundaries for work. It won’t help you or the team if you seem to get special treatment, and it might make other people question your friend’s judgment in her new role.

In an ideal world, she would take the initiative to talk about expectations, but she is probably figuring out her new responsibilities. In some ways, you might need to treat her like any new manager and try to anticipate what she needs.

Amy Gallo, author of the Harvard Business Review *Guide To Dealing With Conflict* (Harvard Business Review Press, £12.99), says if you can demonstrate that you trust her, it will save her from feeling the need to assert

her authority. It might mean saying something along the lines of: ‘I’m proud of you for getting this role. I know how hard you worked for it, and I want to support you.’ Make sure you find words that are sincere about your feelings, but acknowledge that things have changed. Over time, you may find that there are ways to give and receive feedback that help you both. The key is not to take any of this personally.

In the meantime, if you can help her with any quick wins, you’ll both be able to relax and enjoy the transition a bit more. And, if you do decide to leave, you’ll have laid the basis to maintain the friendship and get a great reference.

## “Dad’s funeral was small and it hurts”

**Q** My father died recently after battling cancer for a couple of years. He played sport all his life and had loads of friends but we weren’t able to have a proper funeral because of Covid restrictions – just a few people and nothing like the send-off I imagined.

I feel cheated about not being able to mourn him properly. How can I deal with this? **Louisa, 43**

**A** Losing a parent is tough at any age, but more so when you can’t have an arm around your shoulders or sit with another person in silence for comfort. Science shows that we sense other people’s emotions and touch soothes us.

I talked to Alison Thomas at the bereavement charity Cruse, who felt that you might be at an age when it’s particularly important to share your grief with your peers – friends who knew your dad and maybe shared some of the same stories.

It’s understandable that you feel robbed of the rituals that help us see death in the context of our common humanity, but it’s never too late to create your own. These might be planting a tree, going to a place that was special to him or writing a letter that you tie to a balloon and release. Could you start planning a sports event for the future to celebrate his life?

If you need help taking the first step, there’s a free chat service available, where a bereavement counsellor will respond live weekdays between 9am and 9pm. In the words the Queen made famous: grief is the price we pay for love. [griefchat.co.uk](http://griefchat.co.uk)



### Be part of our tribe

Join the Life Leap Club and receive free coaching from our experts. All you have to do is subscribe to access free coaching videos, inspirational resources and masterclasses. Go to [psychologies.co.uk/life-leap-club-new-subscribers](http://psychologies.co.uk/life-leap-club-new-subscribers). View video content with Mary at [psychologies.co.uk](http://psychologies.co.uk)



# Love is a choice

Select the object of your affection with care, writes Vee Sey, because contrary to popular belief, we are not slaves to love, especially at the expense of happiness



In classic narratives, the wise and contented soul and the passionate lover are always disparate players, as if they could never coexist within the same satisfied being.

The message is that to fulfil the romantic fantasy and experience true, burning love, you must endure suffering and disappointment – your final chapter marked by tragedy or bitter aloneness. Heathcliff and Cathy never skipped gaily across the moor to forever after and Romeo and Juliet were star-crossed into eternity, after all.

Subconsciously, I swallowed this hook, line and sinker and found exactly what I manifested – passion, yes, but also turmoil, heartache and sad endings. After my divorce, deluded that I could play the female lothario with my untouchable, scabbed-over heart, I raced headlong and vulnerable into a love affair that could only have ended in tears, and it did. The writing was on the wall in neon, skyscraper font. I read it, shrugged and double-marched into devastation. Not only did I do it willingly and with my eyes wide open, I did it without care for my precious heart or respect for my intuition, which whispered until it was hoarse: do not do this, oh ye of little sense.

## Dangerous liaisons

Dating was a novelty, and I was fresh from heartbreak, lonely and with an ache in my belly so, when a man 11 years my junior and still living with his parents asked me out for a drink, I said hell yeah, make mine a double. He was honest about wanting a fling with an older woman and I said sure, let me be that for you. What was the worst that could happen? The worst that could happen was that we fell in love despite completely disharmonious circumstances and tormented each other for nigh on a decade. At the start of our tempestuous, push-and-pull

relationship, I was the mother of teenagers with bills to pay, he was still establishing himself in his career and wanted a family of his own – eventually. Not at one point did I even consider stepping back to save myself from us. This was love and there was nothing I could do about it, right?

Pursuing romances with people who could never deliver what I needed became a pattern. As a sentimental soul – some say sap, I am fluent in all five love languages, as cited by Gary Chapman in his titular book: I will bestow you with gifts I can't afford, cuddle you to death as you brush me off, give you all my time, tell you how wonderful you are, run you a scented bath, make your meals and kiss your feet. But I was so busy giving to the unworthy and unsuitable that I forgot to ensure that I got what I was entitled to in return. I need to communicate freely, so let me choose a stiff-upper-lipped non-sharer; I am affectionate, so let me attempt to melt this standoffish ice queen, I arrange nice things for us to experience together, so let me pick a taker who does not reciprocate...

I find the notion of a checklist for love unappealing and wholly unromantic but, essentially, that is what you must do, at least on the non-negotiables such as having children, lifestyle, philosophy on money, stage of life and dreams for the future. Love does not happen to you like a bolt from the blue that you cannot dodge, the path to lasting love comes at a fork in the road and you are free to go the other way from the outset. In psychology, this is called agency. When offering your heart on a platter, choose wisely who gets to tuck in, and don't dismiss your special requirements or go hungry in the name of love.

'We accept the love we think we deserve,' said Stephen Chbosky in *The Perks Of Being A Wallflower*, and we all deserve what's right for us and a fair crack at happiness, with or without a partner.

@veejanesey





# Take charge of your tech

We live in a digital world but, if we want to live in harmony with our devices, we need to regain control and hang up on bad habits

WORDS: REBECCA FRANK

## EXPERT ADVICE



*Writer and speaker Joanne Orlando is an expert in our relationship with technology. She is the author of 'Life Mode On' (Hardie Grant, £12.99)*



*Nedra Glover Tawwab is a relationship therapist and author of 'Set Boundaries, Find Peace' (Little, Brown, £14.99)*







**R**EMEMBER WHEN everybody was talking about digital detoxes and off-grid holidays, and those long 'Screen-free Sundays' that were just a reminder of how much we hated board games? That all feels like rather a distant memory. Suddenly, phones and laptops became essential, not only for communication and entertainment, but for work, social get-togethers, exercise – even educating our children and putting food on the table. Any attempt at monitoring screen time was soon abandoned, along with baking sourdough and knitting Fair Isle socks, and we are plugged into our devices more than ever.

So, what happens now? Do we have to accept and even embrace our technology-dependent reality, along with the aching thumbs from constant selecting and texting, or can we claw back some of our offline life and find a way to reclaim a sense of balance with our devices?

They might be ubiquitous, owned by 87 per cent of adults in the UK, but it's worth remembering that smartphones didn't exist 20 years ago. Technology has changed our lives beyond belief and, in many ways, improved it.

'Day after day, we use technology to boost our capabilities on a massive scale. The boost it gives us, both intellectually and emotionally, is unrivalled,' says digital wellbeing expert, researcher Joanne Orlando, whose new book *Life Mode On* seeks to help people use technology more positively and productively. 'However, when it's not used well, technology can cause damage and exacerbate the pressures and insecurities of life.'

Teenagers get the worst press when it comes to phone use, but Orlando says it's women who experience the most Problematic Mobile Phone Use (PMPU), and who feel most anxious about it. 'The reason is part biology and the values and ideals that women

hold as a more relationship-centred gender, and part society and the changes technology has brought into our world,' she says. 'Historically, women have held the mental load of family life, but technology has overwhelmed our sense of duty and the expectation to be available (by phone, message, social media and email) and take action (call, message, book, like, send and write) whenever others (children, partner, friend, family member, plumber or WhatsApp group) think it's necessary, which could be any minute of the day!'

## Just checking

While the stress our phone causes us is real, it's our reliance on it, rather than the phone itself, that is the problem. Think about it this way: The issue isn't necessarily the crying baby, it's that we pick up the baby every time it cries. This is partly conditioning caused by clever technology built into apps that keeps us engaged and doesn't let our attention wander too far. Around half the time we pick up our phone, it's in response to a beep, ping or message flashing up on the screen. Turning these off or even placing your phone face down or on silent will help you resist the constant nudges. But then there's still the other 50 per cent of the time when you check your phone because of the little alert that's sounding inside your head.

But what is it that keeps us going back for more – on average 60 times a day? Orlando says we are addicted to the instant gratification and momentary escapism that we experience, usually when scrolling through social media or news apps.

## Who's the boss?

If you're worried that you're spending too much time online, a digital detox might seem like the right thing to do. And, while it may help in the short term, just like crash diets, you'll do it

&gt;&gt;&gt;

**"Unless you're moving to a desert island with no wifi, eradicating technology is not a desirable or sustainable solution"**

for a few days, then slip back into old habits. 'Unless you're moving to a desert island with no wifi, eradicating technology is not a solution,' says Orlando, who explains that we need to focus on how technology lives with us, rather than the other way around. 'Using technology less isn't desirable or sustainable,' she says. 'A better way is to consider which uses of technology cause us stress and which add value to life.'

## Ring of truth

Most phones give you a report on your phone usage over the week. A good first step towards balance is to actually read it, and see how you really spend your time online. If it's messaging and social media apps at the top of the list, you're probably seeking emotional connection and gratification from your device.

'Social media taps precisely into our need to connect with people and ideas, which can be a good thing and is why so many of us are drawn to it,' says Orlando. 'However, it also holds up a massive magnifying glass to our vulnerabilities – envy, insecurity, loneliness and anger. These aren't new vulnerabilities, but social media brings them out.'

If, however, your online social interactions give you a greater sense of belonging with family, friends, work or community, that's a positive thing. Of course, it's always wise to be selective about who you connect with and ensure that online interaction doesn't get in the way of real-life connection. For example, replacing conversations with one-word responses and emojis might make it easier to connect with more people, but they are impersonal and more about 'keeping up' than fostering meaningful relationships.

Everybody knows that technology is here to stay, but the important thing is to remember that we are in charge of how we engage with it. Easing yourself away from mindless scrolling and swerving online rabbit holes will help you reconnect in real life with those who matter and protect your relationships, health and happiness – without the need for a digital detox.



# Not-so-smart phone behaviour

Is your tech taking too much from you? Look out for these telltale signs:

## 1 *Do you look at your phone constantly when with loved ones?*

Are you shopping online while your child is telling you about their day? Or chatting to internet buddies while having dinner with friends? 'Set parameters, such as keeping your phone out of reach and setting times to engage with social media,' says therapist Nedra Glover Tawwab.

## 2 *Is checking your phone the first thing you do when you wake up?*

If so, you may be starting the day on a negative note with news, work or wondering why your post didn't get many likes. Spend the first moments of the day doing joyful things, such as stretching or journaling.

## 3 *Do you use your phone in queues or when waiting for someone?*

Our phones have become our go-to distraction – but if you're always staring at a screen, you're reducing your human interactions and not being fully present.

## 4 *Do you document all you do with posts, pictures or messages?*

'Creating the perfect picture takes

time, effort and energy when you could be enjoying the experience,' says Tawwab.

## 5 *Do you feel you have to respond to messages immediately?*

You probably receive loads of emails, messages and notifications daily and if you act on them all straight away, you'll never get anything done. If you're worried that others will feel ignored, let them know what to expect from you. They may be relieved that they don't have to reply instantly either!

## 6 *Do you pore over content that makes you feel bad?*

Be mindful of who you follow and why. 'Choose not to follow someone if you envy them or their life makes you feel dissatisfied with yours,' advises Tawwab.

## 7 *Are you led astray online?*

Tawwab caters her online experience to what she wants. 'If I hope to save, I don't follow fashion influencers who inspire me to spend. If I'm interested in vegan meals, I follow those accounts,' she says. 'In essence, you become who you follow, what you watch and the websites you visit.'

## Next steps

**Watch Netflix docudrama 'The Social Dilemma'.**

Technology entrepreneurs and executives explore addiction and the potentially dangerous impact of social networking.

**Read 'Digital Minimalism' and 'A World Without Email' by Cal Newport** (Penguin, £9.99 and £14.99 respectively).

The computer science professor from Georgetown University presents the evidence for reducing our time online, along with ways to use tech in a more meaningful way. [calnewport.com](http://calnewport.com)

**Do something meaningful on your device every day.**

Whether it's a Zoom wine-tasting evening or an hour learning a new creative app with your child, make use of the many varied opportunities that technology offers while keeping out of the rabbit holes that drain you and steal your time.



A full-page background image showing a person with a backpack standing on a rocky peak, looking out over a turquoise lake and mountains. The person is seen from behind, wearing a red and black plaid shirt, blue jeans, and a backpack. The lake is a vibrant turquoise color, and the mountains in the background are rugged and blue-toned. The sky is a pale blue with some light clouds.

# Call of the wild

A taste of adventure is just what we need to boost our energy, raise our spirits and grasp that summer feeling, writes **Rebecca Frank**

**C**LOSE YOUR EYES FOR MOMENT and think back to a time when you had an adventure... Something that made you feel exhilarated, engaged and even a bit afraid! Maybe it was a holiday somewhere new and exciting, a physical challenge, such as running a marathon or climbing a mountain, or a weekend at a festival with a group of friends and no responsibilities. Remember how it made you feel – the emotions you experienced, as well as the physical sensations. Alive? Excited? Nervous? A bit giddy or childlike maybe? It's not been easy to adventure lately, but now there's a whisper of opportunity in the air and the need to unleash our inner adventurer has never been greater.

The word adventure often conjures up images of intrepid expeditions or high-risk adrenaline sports, but an adventure can be anything that involves an element of the

unknown, a step outside your comfort zone and the habits and routines that we all live by. Whether you're camping in your back garden or learning to kayak, it's about crossing that threshold from familiarity into the uncharted.

Explorer Belinda Kirk says: 'Adventure isn't a luxury, it's an innate part of being human. You don't need to quit your job and cycle around the world or throw yourself off a cliff on a bungee jump to have a great adventure. A simple night walk to the top of a hill in the city or an evening around an open fire can be transformative.'

Kirk has spent 26 years taking others on intrepid endeavours, experienced her own transformation through adventure and is passionate about the metamorphosis that it can bring. 'I've seen adventure change people of all ages and abilities and from all walks of life,' she says. 'I've seen it turn the timid into >>>



the confident, the addicted into the recovering and the lost into the intentionally wandering.'

My own most recent adventure involved an impromptu trip to the Dartington Estate in Devon. Over a few days, I had several adventurous and memorable moments, from night canoeing on the River Dart and making my first lino print to showing my artwork and talking about my feelings with a bunch of strangers. All these events were both exciting and a little uncomfortable at points but, for the first time in a while, I felt like the old me, outside of my four walls, my daily routine and everything that is safe and familiar.

This transformation is something that Lou Rainbow, arts and crafts programme manager at Dartington Trust, regularly witnesses when running her creative courses. She describes people – and I firmly fall into this category – who don't consider themselves to be artistic, for whom something has blocked that journey, often a throwaway comment or negative experience as a child.

'It helps to open up with something simple and bring people in gently,' she says. She recounts leading others on a journey back to wellbeing through walking, drawing, making and swimming in the river. 'We get people out walking, looking and listening, and it often wakes something in them that they've not experienced since childhood,' she says.

'People take a risk by coming here. They're often on their own, which is scary, but doing that gives you a chance to be anonymous, but also yourself. It's well known that if there's too much in your head, it helps to get it out and into your hands.'

## You only went and did it!

The sense of calm and happiness we often experience after doing something challenging while stepping out of our comfort zone is caused by our body's response to stress and fear, explains Audrey Tang, a chartered psychologist and author of *The Leader's Guide To Resilience* (Pearson, £14.99).

'After an experience where the stress response has been triggered, and stopped, we release endorphins, the body's natural pain relief, affording us a sense of calm. So, it's not only the excitement of the event that gives us enjoyment but the relief that "we got there!" afterwards. Giving the brain a little healthy stimulation through adventure can be a great way to boost our mental wellness.'

When adventure calls, it's like a niggler that won't go away – maybe you keep researching



**“Sometimes,  
the things we  
think we fear  
are not real  
– they are  
things we’ve  
learned to  
fear, which  
might not  
reflect our  
true nature”**

campervans, watching adventure series or looking at old photos from your travelling days. When you get an idea or an invitation to do something or go somewhere out of the ordinary, it can feel as if a light has come on inside you, but there might also be a voice in your head offering reasons why you shouldn't do it. Maybe the voice says 'it's too dangerous', 'I'm no good at that' or 'I haven't got time'.

'It's worth remembering that sometimes the things we think we fear may not be real – they are things we've learned to fear during our upbringing, even though this might not reflect our true nature,' says Tang. 'It's important to surround yourself with encouragement and also have a safe space to fail, with a supportive guide. Another thing to remember is that it's OK not to like it when you've tried it and you don't have to do it again!'

Adventure can take many forms and doesn't necessarily need to involve physical activity



or being outdoors, although being in nature brings proven wellbeing benefits. An adventure, however, should involve some form of personal challenge.

## The liberating unknown

There is an element of uncertainty in the most thrilling adventures, and this is where a smidgen of fear or anxiety may arise, and also some adversity that builds resilience, so you can cope better in hard times. It doesn't need to be something totally new or out there – taking a step from your comfort zone into what Tang refers to as the 'stretch zone', where it's a bit uncomfortable but manageable, can be less stressful than making sudden, giant leaps into the 'panic zone'.

'It's like going from swimming to wild swimming, walking to climbing, glamping to wild camping,' explains Kirk.

The after-effects of adventure go beyond the immediate feeling of achievement and satisfaction. It helps you build friendships and connections and also has an impact on other areas of your life, from parenting to how you behave at work, because your self-worth and confidence in your abilities increase. Kirk describes a calm acceptance that comes over people when they become absorbed in an activity, leaving normal life behind for a while. 'It helps put our everyday struggles and worries into perspective,' she says. 'Our minds are alert for danger and when there is none, we end up worrying about everything and the future. The result is constant worry.' This mellowing effect is something Rainbow also notices in students on her craft courses. 'I see a change in people's faces,' she says.

## Daredevil inside

Embarking on an adventure usually involves an element of risk. Some of us are naturally more risk-averse than others, in which case Tang says we need to surround ourselves with encouraging people who are helpful to us, rather than 'naysayers and armchair critics' who can destroy what little confidence we have to do something adventurous. 'You know your comfort, stretch and panic zones – so you do you!' she says. And, if you think you're not the adventurous type, Kirk says there's no such thing. 'There's an inner adventurer in all of us – sitting behind our desk, snuggling up on our sofa or stuck in a traffic jam, who might be yearning to get out and prove what we can do and who we are!'

[belindakirk.com](http://belindakirk.com); [dartington.org](http://dartington.org)

## Face your fears

Whether you're afraid of failure or worry about what others might think, it's usually fear that stops you trying something new.

Use these techniques to challenge – and overcome – your concerns:

- Acknowledge the fear, and its role in alerting and preparing you, then move it to the back of your mind.
- Focus on the evidence, not what you imagine might happen – for example, the likelihood of dying during a bungee jump is far smaller than getting in a car.

● Visualise yourself trying something new and imagine the sense of achievement.

● Ask yourself, 'What's the worst that can happen?'

● Think about why you want to do something and what you hope to get out of the experience.

● If you feel anxious, try counting as a way of distracting your brain from whatever it is that you fear.

● Remember that courageous people are not fearless and fear is an essential part of being brave in life.



## Next steps

**READ 'Roam Alone: Inspiring Tales By Reluctant Solo Travellers' (Bradt, £10.99)**

A book of true stories from more than 40 ordinary people who have taken the plunge and travelled alone, from teenage trips to granny gap years.

**WATCH 'Into The Wild' on Netflix**

A beautiful portrayal of the real-life story of a young man who finished university, sold all his possessions and set out on a journey into the wilds of Alaska.

**PLAN an outdoor adventure.** Try 'nearly wild' camping – a more secluded, quieter experience that's almost untamed but not quite. Visit [nearlywildcamping.org](http://nearlywildcamping.org) or check out the 'Almost wild' section of [coolcamping.com](http://coolcamping.com)

**BOOK a short course where you learn a new skill** and ideally stay away from home for at least a night. Have a look at the creative courses at [dartington.org/whats-on](http://dartington.org/whats-on)





*“If one has courage,  
nothing can dim  
the light that shines  
from within”*

MAYA ANGELOU





# “My brother doesn’t want me in his life any more”

Award-winning coach Kim Morgan mentors a woman who is heartbroken and bewildered over a family split and needs to free herself from her pain

## Session one

### “He won’t tell me why he cut me out and it’s tearing me apart”

Rachel<sup>\*</sup> was a gentle and warm woman in her mid-50s who had an air of quiet confidence. She was a GP in a small practice and loved her work. After our introductions, I asked her: ‘What brings you here?’

‘I’m embarrassed to even say this, but my brother doesn’t want anything to do with me. I didn’t think this would ever happen in my family. We had a wonderful upbringing. I can’t think of anything that has occurred to cause this, and he won’t give me any explanation. It is destroying me! I have tried everything to resolve the situation – from pleading and begging, sending cards and letters and suggesting that we have mediation to losing my temper with him – but nothing changes his mind. I am desperate and sad and I don’t seem to have any power to change the situation,’ said Rachel in despair.

I waited patiently as Rachel broke down and sobbed

inconsolably. I could only offer her my attention and care, a box of tissues and a glass of water.

I told Rachel that I had worked with clients in similar situations, and I recognised the hurt, confusion and powerlessness that came with it.

Rachel was reassured a little and explained further: ‘I feel like a leper – as though people are looking at me and wondering what I did to cause this rift. It’s an isolating experience. I have also lost my nephews and niece. Nobody is prepared to intervene on my behalf – they don’t want to get involved. I feel so alone.’

Rachel looked at me woefully and asked: ‘What can I do? Is there something that I haven’t thought of that would help?’ I told Rachel that I could offer her a confidential and safe space for her to hear herself speak about her feelings and circumstances out loud and, that way, perhaps she would generate more options for herself.

ILLUSTRATION: SHUTTERSTOCK.  
\*NAME HAS BEEN CHANGED

**JOIN OUR LIFE LEAP CLUB. SUBSCRIBE NOW! GET FREE COACHING FROM WORLD-RENNOWNED PSYCHOLOGISTS AND**

## More sessions

**What is in your power?**

Rachel continued to go over the details of her brother's rejection of her. 'Maybe it is his wife's decision... She was always quite controlling and didn't warm to our family,' she pondered. 'Perhaps he is having a mental health crisis and I should have helped him... Have I offended him without realising? Perhaps he always hated me and waited until both our parents died before rejecting me... Maybe I am actually a horrible person and don't realise it...' she guessed.

Rachel acknowledged that she was experiencing a painful bereavement, although her brother was still alive. I felt such compassion for Rachel as she wrestled to find a reason why he had deserted her, questioned herself and blamed herself for things she imagined she might have done to cause it.

Rachel was going around in circles and all she could think about was the situation with her brother.

I asked her: 'How much do you think your brother agonises over what has happened?'

That stopped Rachel in her tracks. 'I guess he is just getting on with his life while mine has come to a grinding halt. He holds all the cards and has all the control. I am powerless. I am just waiting for him to invite me back and maybe that will never happen.'

I suggested gently that one way forward would be to start thinking about people in her life and aspects of it that nourish her, and what she could control.

**"Grief is not only associated with the death of a loved one – it can be triggered by all sorts of changes"**

## Last sessions

**Accept and move forward**

Rachel came to terms with the fact that there was no magic wand to resolve the situation, that she may never know why her brother had spurned her and that she did not have the ability to change matters. Slowly, she started to focus on her own life and what she could control: her health and fitness, social life, her patients and her work and the wonderful people in her life.

We even laughed about a five-minute timer that Rachel set every day – a limited period to fret about her brother. It was a good idea and I told her so.

In our last session, Rachel told me: 'The pain will never go away but I have reflected on my lifelong experience as a GP, where I have seen how tragic and unpredictable life can be. As long as I have life, I am going to live it, whether my brother is part of it or not.'

For more, see [barefootcoaching.co.uk](http://barefootcoaching.co.uk) or follow @BarefootCoaches on Twitter

**Coaching exercises****Learn to cope with grief and loss****IMPORTANT THINGS TO KNOW ABOUT GRIEF:**

- Grief is an emotional response to any kind of loss and is a complex mix of emotions – not just sadness.
- Grief is not only associated with the death of a loved one. Feelings of grief can be triggered by all sorts of changes: divorce, financial adjustments, job loss or redundancy, empty nest syndrome, moving house and loss of health or mobility.
- Grief is also about broken dreams – the things we expected would be in our future and expectations that will not be fulfilled.
- If you are grieving the loss of something, it is important that you don't minimise it or compare it with other types of grief. It has meaning for you, so acknowledge your feelings and your loss.
- Find someone who will listen to you without judgment or telling you that it's time to move on, it could have been worse, you should count your blessings or that there are plenty more fish in the sea! Acknowledge that many people do not know how to react to someone else's loss. Consider speaking to a bereavement counsellor or an organisation that supports people in their grief.

**HOW TO LOOK AFTER YOUR NEEDS**

When a relationship comes to an end – with a person or a job, for example – it can be a highly stressful time. Often, that relationship may have met many of our emotional needs, such as:

- Love and emotional connection
- Security, safety and support
- Fun, friendship and laughter
- Status
- Shared and new experiences
- Meaning and purpose
- Challenge and growth
- A sense of belonging
- Being part of a wider group of people

To meet your emotional requirements, think about each of the above needs and how to get them met in other ways. You may not be able to replace the person or thing that is gone, but it is important to find new methods to fulfil your needs. Take time to ascertain which needs were being met by your previous situation and which are most important to you. Everyone needs these things in different quantities, so don't try to get them all met at once. Just notice the ones that are depleted by the end of the relationship and consider where else you might find these important aspects of life.

in partnership with Ollie School



# Join Ollie's army

**NOW  
ONLINE!**

**Ever wanted to make a difference and train to become a coach?  
With the Ollie School, you could be changing lives before you know it**

**D**espite the very best efforts of our education system, it is struggling to cope with fully supporting the emotional wellbeing of our children within the curriculum. Have you ever felt that you would love to help, but were powerless to act? Well, here's your opportunity to do something positive.

The Ollie School plans to build an army of coaches who can make the world a better place, one child at a time. Ollie Coaching is a holistic approach that leads all our youngsters to a place where they can thrive in the chaos of modern living.

So many schools are battling to provide an appropriate mental health environment and busy parents are up against it in our fast-paced lives ruled by social media. That's why Alison Knowles, who was challenged throughout her life with undiagnosed dyslexia, decided to set up the Ollie

School. The Ollie methodology is all about empowering children to seek solutions and take control of their emotions, rather than be controlled by them. The Ollie School trains coaches in a blend of methodologies that brings together NLP, CBT, EFT and play therapy to make sure they cover all the bases. The Ollie methodology is all about personalisation and identifying which technique will work with each individual child – no one-size-fits-all approach here.

## ***Licence to help***

The Ollie School graduates are awarded a certified qualification in NLP and a licence to work as an Ollie coach. If helping children and their families to be more emotionally resilient appeals to you, contact us for a prospectus and let's talk about getting you with the programme.



***Courses are now online and in the classroom, combining the best of both worlds with a limited number of trainees, maximising learning potential. See [ollieandhissuperpowers.com](http://ollieandhissuperpowers.com)***



## ***Get in touch***

To train to become an Ollie coach, find a coach in your area or book an event, visit [ollieandhissuperpowers.com](http://ollieandhissuperpowers.com), or contact us via email at [info@ollieandhissuperpowers.com](mailto:info@ollieandhissuperpowers.com). We would love to hear from you!





# The answer is within

When you need wise counsel, says author and coach Jackee Holder, ask your inner mentor to step into your shoes

In a twist on the old classic 'which six guests, alive or dead, would you invite to a dinner party?', I ask you to think about who you would call on if you needed guidance.

Thelma,\* a coaching client, was in the right place to try this exercise. She had relocated across the country with her family, started a new job and, amid lockdown, found that she was unsupported at work. To make matters worse, she had not had the benefit of speaking to close friends and family while she juggled the many changes in her life.

Thelma was at a loss over how to improve her worklife. I suggested that in her quest for advice and a way forward, she make a list of three people she looked up to for their wisdom, whom we referred to as her 'inner mentors'. Rather than talk about each person, I recommended that she describe in her journal the specific characteristics and qualities that she admired about each one.

Based on American psychotherapist Ira Progoff's method of creating a dialogue, Thelma imagined talking to her mentors as they shared their experience and gave her insights and perspectives on how she might approach the challenges she faced. Giving herself some quiet space, Thelma sat back, listened and then transcribed what she heard into her notebook.

Connecting with the wisdom of others had a knock-on effect, empowering Thelma to reconnect with those same qualities and strengths she also possessed. During her reflections, she commented on how writing down the dialogue made her feel more confident about making better decisions and choices.

Finding the guidance of your inner mentors can help you explore new options and discover fresh perspectives. It's important to remember that we are profoundly influenced by those closest to us. Choose carefully who you turn to for intuitive guidance, and watch as it makes all the difference.

jackeeholder.com; @jackeeholderinspires



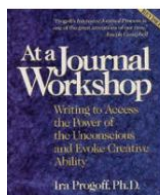
*“Not everything that is faced can be changed. But nothing can be changed until it is faced.”*

JAMES BALDWIN

## Creative masterclass

How would you rewrite or edit your life? Jackie Holder advocates psychotherapist Ira Progoff's approach. His classic journalling guide, *At a Journal Workshop: Writing To Access The Power Of The Unconscious And Evoke Creative Ability* (Penguin, £14.99) helps you deeply

explore your purpose and gain perspective on where you are and want to be, while empowering you to act.



## Writing is rewriting

What story do you want to tell yourself, and your readers? Let Terry Pratchett inspire your work! Quote print, £7.19, etsy.co.uk



# Train as a coach, help others and find yourself again

Have you thought about training to become a coach? Whether you want a fresh start or you're facing a career change due to redundancy, becoming a coach could be the exciting new adventure that you need in life. But where do you start, and what does it involve?



*After 25 years at the forefront of coaching and coach training in the UK, I remain*

*fascinated by the psychology of human experience and behaviour. As pioneers of coaching to the highest standards, our focus is to inspire personal growth and make the world a brighter place through exceptional coaching. More than 3,500 people have completed our International Coach Federation (ICF) ACTP-accredited training and students leave as confident coaches ready to make a difference.*

Kim

Kim Morgan MCC, CEO  
Barefoot Coaching Ltd

## HOW COACHING CHANGED MY LIFE

**Fran<sup>\*</sup> is the mother of three teenagers who works alongside her husband in a family business that takes a lot of time and energy. She hired Barefoot-trained coach Amy Sinacola so she could feel calmer, more confident and have the strength and motivation to look after herself more.**

**1 I worked out what I wanted to do and I did it!** I realised I had spent 20 years looking after everyone else and had forgotten about myself. Amy helped me figure out what was important to me. I yearned to paint again but starting was daunting. Amy helped me believe in myself and I am now taking commissions for pet portraits!

**2 I learned how to communicate my needs to my family.** I am often the one who sorts out everything and keeps everyone going, or at least that's how it felt. Learning to let go of

some of that control was freeing. Working out what my needs are, how to express them and how to get them met has been so helpful.

**3 I feel less anxious and more confident.** My perspective has changed. I feel more relaxed and accepting of myself and others. Since coaching, I am calmer under pressure and ready to face any challenge as a mother and business owner. I know I am doing my best and that is good enough! I know myself again and am comfortable with who I am. [amysinacola.com](http://amysinacola.com)



“Working out what my needs are, how to express them to my family and how to get them met has been so helpful”

## FIND A COACH OR TRAIN TO BE ONE

*Do you want to hire a coach, or help transform someone else's life by becoming a coach? Barefoot Coaching is here to help.*

### FIND

#### **Psychologies' partnership with Barefoot Coaching**

gives you the tools to find a coach who meets your needs. Barefoot Coaching has been at the forefront of coaching and coach training for 25 years. It has a proven track record as a provider of high-level coaching and coach training to organisations and senior executives, nationally and internationally.

### TRAIN

#### **Train as a coach:**

The Barefoot Coaching ICF ACTP-accredited PG Certificate in Business and Personal Coaching is one of the most well-established coach training courses in the UK. Barefoot runs regular, free introductions to coach training throughout the year.



**BAREFOOT  
COACHING**

**BOOK  
NOW!**

**VISIT**  
[Barefootcoaching.co.uk/  
taster-mornings](http://Barefootcoaching.co.uk/taster-mornings)

## *How I became a Barefoot coach*

*Three top coaches share why they decided to train:*



### **Amy Sinicola**

I previously worked as a cancer nurse specialist. When I

returned from maternity leave, I had a new team to manage and I wanted to understand how to get the best out of people in a supportive way. I read about coaching and took a free taster session to find out more. I was soon hooked and went on to train to become an accredited coach. I left nursing but never wanted to stop helping others – which is what I do now in my coaching business.



### **Karin Weiser**

An NLP (neurolinguistic programming) course opened the door to

personal development and coaching for me. While working in learning and development, guiding others gave me such a buzz. An interest in people and a fascination with the human mind led me to become a certified coach. My skills support me to be present, listen actively and remain curious in life. I use the power of storytelling to help professionals tell new and empowering stories during career and life transitions.



### **Sharon Peake**

As an occupational psychologist, I've always helped people

with career progression. I have a passion for women's development and helping them further their careers and fulfil their potential. Following the acquisition of the company I worked for, I took the opportunity to redirect my career and expand my skills as a coach. I now do what I absolutely love, running my own business working with organisations to help women advance their careers.



# The art of persuasion

Whatever you're trying to negotiate, use the power of your considerable influence, and our expert tips, to get what you deserve

WORDS: LARISSA CHAPMAN



**W**HETHER YOU hope to get a deal on a new car, secure a well-deserved pay rise or need your partner to meet you halfway on how to spend the savings (gin-tasting weekend, anyone?), getting what you want often requires some negotiation. But that process can be a challenge, particularly for women.

In a new study, psychology professor Katherine McAuliffe found that from the age of just eight, girls are more likely to ask for less than boys in a

negotiation.' This pattern was repeated in the adult world, which could explain why many of us are still paid less than our male colleagues for the same work.

So, after underselling ourselves all our lives, it's time to unleash your confidence, tell the world what you really, really want and clinch the deal you're entitled to. We've gathered a team of experts to share some helpful – and surprisingly easy – methods to transform you from negotiating novice into persuasive pro.

## 1 Start at the end

'Your mindset is vital when it comes to any negotiation,' says business coach Kelly Swinger. 'So, before you enter any negotiation, think about how you want to feel by the end of it. My guess is that you'll want to feel triumphant and content. Spending time harnessing that feeling will give you the impetus to keep pressing until you achieve it.'

[kellyswinger.com](http://kellyswinger.com)



## 2 Fix your gaze

'When negotiating matters of the heart in particular, eye contact can make all the difference,' says psychologist Meg Arroll. 'But in tricky conversations, it can be hard to achieve. This twist on a mindfulness technique takes the pressure off: Focus on the colour and pattern of your partner's eyes. You may notice that the appearance of the iris is complex – a kaleidoscope of colours and patterns with pigmented rings, crypts and furrows. Once you've investigated one aspect of the eye, look away, then focus on another. Give it a go – you might be surprised by your partner's response.'

[healthspan.co.uk](http://healthspan.co.uk)

# 3

**LOWERYOUR TONE**

"It can be tempting to raise your voice to come across as confident in a negotiation. However, confident people often speak with a quieter and lower tone, which requires others to focus on what they are saying"

Nicola Urquhart, careers lecturer, University of Kent; [kent.ac.uk](http://kent.ac.uk)

4

ENJOY SWEET SILENCE

“Many of us want to fill the awkward silence at all costs. However, it’s not to be feared in a negotiation – it’s during the silence that your request will be considered, so let it be”

Nicola Urquhart, careers lecturer



## 8 Breathe away brain fog

‘Despite all that prep in front of the mirror and the kick-ass pep talk from your best friend, it’s natural for brain fog to set in and take the edge off your confidence when in the moment,’ says clinical hypnotherapist Sophie Fletcher. ‘So, just before you enter said situation, practise some 7-11 breathing. This activates your soothing system, which helps you stay calm and keep a clear head. Breathe in to the count of seven and out to the count of 11. You can use a box breath for the same effect – breathe in to the count of four, pause for four, breathe out for four and pause for four – this is subtle enough to use during the negotiations themselves.’ [sophieffletcher.co.uk](http://sophieffletcher.co.uk)

## 5 Squeeze those cheeks

‘In any negotiation, keeping nerves in check is key,’ says psychologist Meg Arroll. ‘A colleague shared this tip with me many years ago and I use it to this day. If you start to feel your heart racing and your hands trembling during a negotiation, clench your buttocks! You can use other muscle groups, such as your thighs or toes, but I find buttocks work best. Subtly tightening and releasing your muscles helps eliminate noticeable signs of anxiety, such as shaky hands, giving you a stronger negotiating position.’

6

## Be an optimist

‘If you expect more, you’ll get more,’ says transpersonal psychotherapist Alejandra Sarmiento. ‘Know what you

want, believe you can get it and your optimism is sure to shine through during negotiations.’ [thesoke.uk](http://thesoke.uk)

## 7 Walk on by

‘Always enter a negotiation knowing you can walk away willingly,’ says business consultant Matthew Rushworth. ‘That way, you won’t have to accept demands in desperation. Recognising you have options could help negotiations fall in your favour.’ [itstartedhere.co.uk](http://itstartedhere.co.uk)





# NEW! from PSYCHOLOGIES

MAGAZINE

CHANGE YOUR LIFE

## BEAT IMPOSTER SYNDROME

*DEEP DOWN, many of us feel like a fraud – and think that our accomplishments are the result of luck versus talent. This phenomenon is known as imposter syndrome and reflects the belief that you think you're not good enough despite evidence to the contrary. We've asked top writers and brilliant experts to offer their best advice so you can create a self-help plan to manage the way you feel on a daily basis.*

### DISCOVER HOW TO:

- **Believe** that you're good enough
- **Build** your confidence
- **Silence** your inner critic
- **Champion** yourself

ORDER  
TODAY!  
ONLY  
**£5.99**

INCL P&P\*



### ORDER YOUR COPY TODAY

Order online at [SHOP.KELSEY.CO.UK/LIFE5](http://SHOP.KELSEY.CO.UK/LIFE5)  
or call 01959 543747\* and quote **LIFE5**

**Please allow up to 30 days for delivery.** \*Price is for UK only and you will pay £1 for post and packaging.  
EUR and ROW price is £7.99. All prices include P&P. **For full terms and conditions, visit [shop.kelsey.co.uk/terms](http://shop.kelsey.co.uk/terms)**

# Words that *heal*

Find strength in meaningful and uplifting writing, as disheartened, and creative, souls have always done

WORDS: NICOLA SLAWSON

**L**AST YEAR, I PACKED UP MY London flat to move back to my home town. My anxiety was at an all-time high. Boxing up my belongings without friends or family to help me is not something I would want to do at the best of times but, in those early days of the pandemic, when it felt like the end of the world, my stress levels were rocketing.

When numerous well-meaning friends and acquaintances took it upon themselves to call and inform me that London was going into full military lockdown and I would be trapped in the capital on my own, I had a panic attack so severe that I had to lean my head against the wall in my kitchen, which was a scene of total chaos. To restore a sense of calm, I turned to my favourite poem, *Hope Is The Thing With Feathers* by Emily Dickinson:

*"Hope" is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all -*

*And sweetest - in the Gale - is heard -  
And sore must be the storm -  
That could abash the little Bird  
That kept so many warm -*

*I've heard it in the chilliest land -  
And on the strangest Sea -  
Yet - never - in Extremity,  
It asked a crumb - of me.*

Repeating the first line of *Hope Is The Thing With Feathers* out loud was the only thing that brought me peace of mind in those fraught moments. In the end, there were no soldiers on the streets of the city and I made it back to Shropshire the day before the first lockdown began. As the pandemic dragged on, however, I kept returning to Dickinson's wisdom.

I have always loved words. As a child, I was a bookworm and would bury my head in a Judy Blume book after a bad day at school. As an angst-ridden teenager, I would copy angry song lyrics into my diary and, these days, I have postcards and handwritten quotes on my noticeboard that help me when I'm struggling to motivate myself. I know I am not the only one. But why do words help us so much?

## **Lifelines in stormy seas**

Author and mental health campaigner Matt Haig features quotes he finds helpful in his new book, *The Comfort Book*, which he wrote during the first lockdown and after the deaths of two friends. It includes bite-sized pieces of wisdom to help people in distress. Words, he says, can act as life rafts during tough times.

After feeling suicidal in his 20s, Haig recovered in his childhood bedroom, with limited reading material. He turned to the selection on his old bookshelf, which included *Winnie-The-Pooh*, and *The Collins Dictionary Of Quotations*. 'I remember picking up >>>



## EXPERT ADVICE

**Matt Haig**

Matt Haig is a No 1 bestselling author who has sold more than three million books in the UK. His work has been translated into more than 40 languages. *'The Comfort Book'* (Canongate, £16.99) is out now

**Norman Rosenthal**

Norman Rosenthal is a world-renowned psychiatrist, researcher and bestselling author. *'Poetry Rx: How 50 Inspiring Poems Can Heal And Bring Joy To Your Life'* (G&D Media, £14.99) is out now



*The House At Pooh Corner* and feeling sincere, deep comfort from those simple, childish lines, and getting great warmth and nourishment from them,' he says. 'The *Dictionary Of Quotations* was amazing because you get compressed pieces of wisdom. Some of them actually got through to me and were incredibly helpful.'

When Haig is dealing with anxiety, he also turns to Dickinson – but the quote that helps him is 'Forever is composed of nows' because it encourages him to focus on the present. 'It reminds me that all we have is the moment in front of us – and that's all we ever have,' he says.

Another quote he particularly likes is by Greek philosopher Heraclitus – 'No man ever steps in the same river twice, for it's not the same river and he's not the same man'.

'That is so important for me because the thing that made me suicidal was the idea that I would never change, that things were going to be this way forever, which isn't true. We become different versions of ourselves through the experiences we have,' says Haig.

He is in good company in this belief. Norman Rosenthal, a professor of clinical psychiatry at Georgetown Medical School, has explored the subject in his book, *Poetry Rx: How 50 Inspiring Poems Can Heal And Bring Joy To Your Life*.

Around 20 years ago, a grieving friend read him the poem *One Art* by Elizabeth Bishop and he realised that both their spirits were lifted by the words. This made him wonder about the therapeutic power of poetry and he regularly 'prescribes' poems to his patients,

including one who was trying to get over a broken heart – until he read the poem *When You Are Old* by WB Yeats.

## From the cradle...

'It's the sound of the words, the meaning of the words and the way they're arranged – the words can charm you, they hypnotise you, they enliven you and they calm you,' says Rosenthal. 'I think one of the reasons is that when we are babies, our mothers sing us lullabies and read to us. It's soothing for babies to hear and this might be why poems and songs are so soothing to us as adults.'

Rosenthal also noticed that the challenges of the pandemic have led many of us to find comfort in words, whether in prose that we have read a hundred times or an inspirational quote we have spotted online.

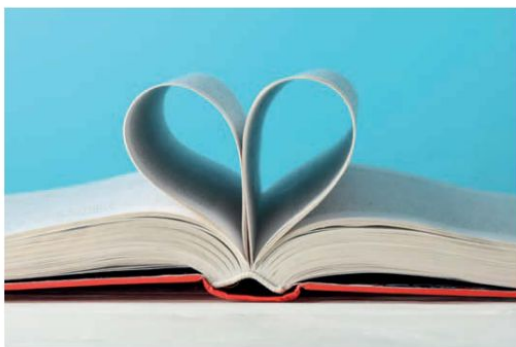
'We were secluded and thrown upon our own resources. It's wonderful to think that at a time when so much was closed off to us, this ancient form of comfort and companionship was still available,' he says.



### "THIS WORKED FOR ME"

**Amanda Williams, a copywriter from Berkshire, says:** 'My parents were going through a truly ugly divorce while I was studying at university. One of my professors

showed me the work of poet Louise Glück, who wrote a lot about trauma. Glück's poem, *The Wild Iris*, has helped me so much over the years. I always come back to it when I am struggling. It reminds me that our suffering is temporary and empowers me to keep going and find the beauty in adversity. My favourite line is "whatever returns from oblivion returns to find a voice". I carry her words in my heart.'



## How to cultivate curative reading habits and find words that deliver hope and solace

- Ask family and friends to share poems, quotes and lyrics that have consoled them during difficult periods.
- Get a virtual consultation at the UK's first Poetry Pharmacy in Bishops Castle, Shropshire. A poet will 'prescribe' a poem just for you. [poetrypharmacy.co.uk/the-consulting-room](http://poetrypharmacy.co.uk/the-consulting-room)
- Go back to your favourite book and highlight or write down a phrase that holds special meaning for you.



### HOW IT WORKS

In the book *'Words Can Change Your Brain'* (Penguin, £9.99), neuroscientist Andrew Newberg and co-author Mark Robert Waldman explain: 'A single word has the power to influence the expression of genes that regulate physical and emotional stress.' They also found that reading positive words, such as 'love' and 'peace', alter the expression of genes, strengthen parts of our frontal lobes and promote cognitive functioning. This propels motivational pathways of the brain into action and even builds resilience.

Dickinson's poem is now part of my toolbox of coping strategies when dealing with problems in life. When my father was rushed to hospital with sepsis earlier this year, her words, as ever, comforted me. As well as finding solace in the verses, I believe that they have changed my outlook. Her words remind me that hope will always be there for me, no matter what, which makes me feel more optimistic about the future.

As Haig says: 'A single line or paragraph of some piece of ancient wisdom can actually make a difference to your life and reframe your perspective. I am a true believer in the power of words.'

*matthaig.com; normanrosenthal.com*

PHOTOGRAPHS: GETTY IMAGES

## Next steps

**Listen to the following 'The Poetry Pharmacy' podcast episode by William Sieghart, which explains the inspiration behind his anthology, *The Poetry Pharmacy: Tried-And-True Prescriptions For The Heart, Mind And Soul* (Penguin, £14.99):** [soundcloud.com/5x15/william-sieghart-1](https://soundcloud.com/5x15/william-sieghart-1)

**Read *'The Rumi Prescription: How An Ancient Mystic Poet Changed My Modern Manic Life'* by Melody Moezzi** (Penguin, £24). [penguinrandomhouse.com](https://penguinrandomhouse.com)

**Consider joining *The Reader*, a charity with 700 groups around the UK that supports people who are struggling by bringing them together to read poems and stories out loud.** [thereader.org.uk](https://thereader.org.uk)



PHOTOGRAPH: GETTY IMAGES



A full-page photograph of a sunset over a beach. The sun is a bright, glowing orb on the horizon, casting a long, shimmering reflection across the wet sand. Several dark, smooth rocks are scattered in the shallow water in the foreground. The sky transitions from a deep orange near the horizon to a pale yellow at the top. The overall mood is peaceful and contemplative.

*“There are far, far better  
things ahead than any  
we leave behind”*


CS LEWIS

# *Chart your own course*

For years, you have been told that everyone else has the answers, but could your best wisdom really come from within?



PHOTOGRAPHS: GETTY IMAGES; SHUTTERSTOCK



**W**E START OUR LIVES surrounded by people who know a great deal more than we ever could. To a four-year-old, a very average adult is a miracle of supreme intelligence. They know how to drive a car, say hello in several different languages, pay for a meal with a credit card and describe who Napoleon Bonaparte was – incomprehensible mysteries when one has only spent a few summers on the planet.

The whole of formal education feels like a process of catching up: we are required to take in information and techniques that our parents and teachers built up over decades. A central assumption embeds itself in our developing minds: we don't know. But they do.

As we reach adulthood, a benign version of our instinctive deference shows up in our willingness to trust experts. We don't know what checks should be made on the quality of the domestic water supply, but we're sure the people in charge of the reservoirs know what they're doing and that we can therefore drink a glass of water from the kitchen tap without enquiry or anxiety. We don't know how much fuel a plane needs to get safely from Dubai to Singapore, but we're confident the people operating the airline will and so can rest easy in our seats. On a whole range of technical and scientific matters, we surrender scepticism to others, without having any independent ability to check the evidence or master the intricacies of the arguments. They know – and we're happy to assume they must.

Yet much that goes wrong in our lives can be traced back to an extension of this form of deference to areas where it doesn't naturally belong and where it stymies our questions and interpretations of our needs. There is likely to be much that, somewhere in our minds, constantly strikes us as illogical, unnecessary or sad about the way the world is presently arranged. There are moments when we feel we have understood a situation or read a dilemma with a clarity or wisdom that appears to elude everyone else. We can wake up at unusual hours with a powerful impression of what it would be right and good for us to do next but that, we know, would

have no support from anyone in our circle. Faced with the original or contrary fruits of our own minds, our default position tends to be – after a brief moment of rebellion perhaps – that we cannot possibly be right, that there must be a reason why we are mistaken, that others will naturally understand certain complicated and often regrettable things better than we do, just because they always have. It doesn't seem quite correct to us, but what could that ultimately matter? Someone will know...

Part of the poignancy of the Christian nativity story, even for those of us who don't 'believe' in it, is the suggestion that a very extraordinary thing unfolded in the most ordinary of settings. The son of God is born not in a palace surrounded by attendants

and gilded furniture, but in an agricultural outhouse amid bellowing animals and the smells of hay and excrement. In a 15th-century painting of the scene by Robert Campin, the barn is a mess, the beams are wonky, most of the sidewalls are missing, outside the sky is overcast and the trees bare; it feels like just another ordinary day in a not especially interesting corner of our banal world – and yet, as the painting's original viewers would have powerfully felt, the most significant moment in the history of humankind has just unfolded.

One moral we might usefully extrapolate from this story is that very special things, which include very special thoughts, can come into existence pretty much anywhere. Good ideas don't have to be born in palaces, or indeed institutes of advanced research, government think tanks or the minds of acclaimed professors. They could happen right now, to someone like us, in the kitchen or while we're on our way to buy some washing powder or post a letter. The ordinary world in which we dwell is not divorced from the precinct of good ideas; it's where good ideas are constantly coming to mind, begging to be nurtured by us until they can develop to 'adulthood'.

Far from teetering on the verge of arrogance (as we may believe we are), most of us are labouring under an unduly modest assessment of our right to think.

&gt;&gt;&gt;

**“Far from  
arrogance,  
we are  
labouring  
under an  
unduly  
modest  
assessment  
of our right  
to think”**



However implausible it may sound, we are operating with essentially the same piece of mental hardware as was used by Aristotle, the Buddha and Shakespeare. We might suppose that their extraordinary contributions must have been the result of a very special process of education or some kind of native 'genius'. But we are better read and better informed than they ever were – and our tools are similar. The crucial ingredient lies neither in mental equipment nor in training, but in what a person can allow themselves to believe they are capable of; the limiting factor is mental low self-esteem.

We have been a bit too polite for too long. We have been dangerously reluctant to imagine that, even on quite central points, 'they' might be misguided. We haven't dared to think, for instance, that the head of a school (who did a PhD at a top university) might actually have very little insight into the real sources of educational fulfilment. Or, around architecture, we suppose that if a building wins a major award, it must genuinely represent the desirable future of construction, even if we ourselves – secretly – think it's an aggressive sham. Even though the ultimate purpose of architecture is to please people, we discount the notion that our own reaction, carefully sifted and articulated, might be decisively relevant.

The way we marry, the education of our children, the way we structure financial rewards, our approach to advertising, the way we report news, all these aren't founded on inviolable laws of nature; all might be ripe for questioning and improvement.

Our problem is compounded because our education system primes us to feel that the right thing to do – whenever we want to understand something – is to read what someone else has to say on the topic. In the process, we automatically give up on an equally and often far richer source of insight: our own experience. If we want to know the nature of love, for instance, it may not be necessary to do a psychology degree; we already have the information in our heads because we have had relationships, and so know loving and being loved at a level of richness no other data source could rival.

We should revere the art of paying very close attention to what we have already thought and felt: to the accurate recollection and examination of the nuances of our own emotions. To really understand an issue, we may need to go, not to the library, but out for



“If we want to know the nature of love, it may not be necessary to do a psychology degree; we have the information in our heads”

a long walk or to take a long bath, two activities in which we're more likely than normal to think our own thoughts.

If we try to list things that nobody knows, we typically reach for highly arcane issues: the internal structure of a black hole; how the rules of logic are encoded in the brain; or what the highest possible prime number is. It would be more accurate, though, to say that nobody knows many of the most urgent things about modern life. The list of currently unsolved problems includes:

- How to make it normal for marriages to be happy.
- How to build cities that are as graceful and charming as the centres of Toulouse or Seville.
- How to properly educate ourselves.
- How to ensure we end up doing a job we really like.



● How to have more interesting conversations – both in quality and quantity.

● How to reliably align profit with virtue.

● How to harness our own creativity.

The frontier of knowledge isn't far away: it's in our bedrooms, around our dinner tables and on our local streets. Far from practically all the important things being already known, we are collectively still very ignorant about how to do some very basic things in our lives. The areas of precise knowledge are small – though very welcome – patches of illumination in the far larger, murky arena of existence. This should not be a cause of despair but of liberation.

In order to give our minds the true respect they deserve, we may need to learn to be a little less respectful of the minds of others. We might even need to be somewhat rude.

**“The frontier of knowledge isn't far away: it's in our bedrooms, around our dinner tables and on our local streets”**

The 19th-century German philosopher Arthur Schopenhauer argued in favour of assuming that everyone we meet is pretty much an idiot – and therefore not worth paying too much attention to – as a way to leave ourselves free to chart our own course: ‘Would a musician feel flattered by the loud applause of an audience if he knew that they were nearly all deaf?’ After so long of thinking of ‘them’ as very clever, it might be time, if we are to do ourselves justice, to start to think of ‘them’ as, occasionally, gloriously, not having much of a clue.



This is an edited extract from 'What They Forgot To Teach You At School' by The School of Life, £15, out now; [theschooloflife.com/shop](https://theschooloflife.com/shop)

# Help your body deal with anxiety

Professor Sarah Niblock, CEO of the UK Council for Psychotherapy, and psychotherapist Lorna Evans discuss the physical side of worry, tension and stress



*Social media, world events, the pandemic and the climate emergency all contribute to*

*a modern society living with heightened anxieties. Often, when we feel anxious, symptoms arrive in our body to signal the presence of this stressful state. In our podcast this month, UKCP psychotherapist Lorna Evans and I seek to find out how movement and breath are essential to us finding grounding.*

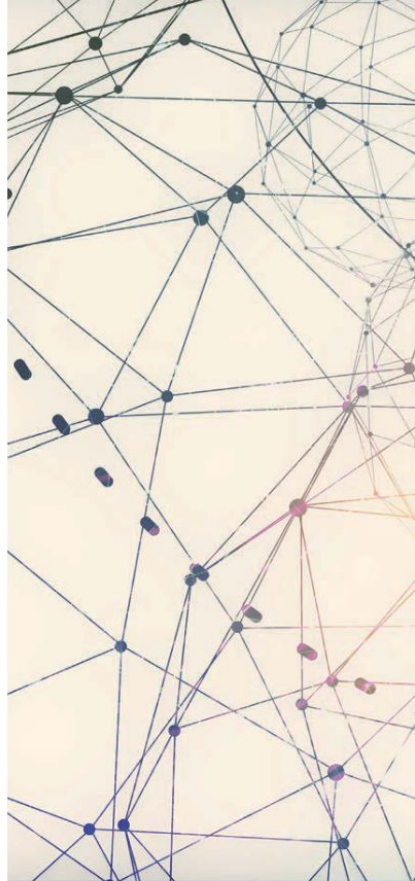
*Sarah*

CEO of the UK Council for Psychotherapy

*Therapist Lorna Evans explores how anxiety affects the body and how reflection can help us find effective coping mechanisms*

HEALTHY STRESS CAN encourage us to get stuff done in our lives. However, consistent exposure to psychologically draining world events, for example, can have a real impact on our mind and body, and we may find ourselves on constant high alert.

We always seek to protect ourselves when anxiety takes hold, with its accompanying sense of powerlessness. It is also difficult to think rationally. This is because our body's reaction is to flood itself with adrenaline and cortisol. Once this happens, we typically respond in one of four ways: fight for survival, take flight and avoid, freeze with a sense of numbness, or fawn, where we seek to please the person who is in control to keep us safe.



When we feel under threat, our breathing changes. This is our body giving us enough oxygen to run away by pumping blood into our feet and arms so we can escape. Taking three deep breaths during anxious times is calming and helps us think sensibly again without panic.

Reflection is essential because only then can we find coping mechanisms for times of overwhelming anxious thoughts. This will give you space to ask key questions to help you work through your anxiety. For example, what are your early warning signs? What are you afraid of? What's going on with your body and sleep?

When you experience anxiety, you are in survival mode, but reflection leads to understanding, which enables you to create successful coping mechanisms for the future.

When we take a moment to breathe

## About UKCP and how to find a therapist

• **The UK Council for Psychotherapy (UKCP)** is the leading research, innovation, educational and

regulatory body working to advance psychotherapy for the benefit of all. We have a register of more than 8,000 members, who offer a range of therapy approaches for couples, individuals, families and groups. We also have more than 70 training and

accrediting organisations for those who wish to become psychotherapists.

• **To find the right therapist for you** or learn how to become a therapist, visit [psychotherapy.org.uk](https://www.psychotherapy.org.uk)





## HOW I BECAME A THERAPIST

*Burnout and depression led Lorna Evans into the field*



I started training as a therapist while working as a producer in the video game and television industry. Music and clubbing were a big part of my life and, although I had amazing times, the impact of this pursuit of hedonism, coupled with working in the entertainment industry, was a cocktail that led to depression, and emotional and physical depletion.

I realised that I had to change my lifestyle and look after my health. Yoga played a huge part in helping me heal and I trained to become a yoga teacher. I always wanted to understand the science behind why yoga worked, and this has now become central to my work as a psychotherapist. I am passionate about explaining the science of how breath and movement can be used as healing tools for anxiety, trauma and depression. [jesmondtherapycentre.co.uk](http://jesmondtherapycentre.co.uk)

For more information about UKCP training, go to [psychotherapy.org.uk](http://psychotherapy.org.uk)

and release our anxieties from our body by moving, we can start to feel safe within ourselves. Psychotherapy can also help. A therapist will provide a space of safety and understanding when you are anxious. Together, you can learn to identify your triggers, know your body and implement the right tools to help you.



### Listen to the podcast

*So much of what we come across in day-to-day life adds to our anxiousness. From news to the climate crisis, the relentless stress puts our mind and body on high alert. But what can we do to cope? UKCP's Sarah Niblock and Lorna Evans explain the physical effects of anxiety and offer advice. Listen at [psychologies.co.uk/help-your-body-deal-anxiety-podcast-ukcp](http://psychologies.co.uk/help-your-body-deal-anxiety-podcast-ukcp)*

ILLUSTRATION: SHUTTERSTOCK

## Knowledge, breath and action

*Three steps towards understanding how anxiety manifests in your body and how to alleviate the physical symptoms*

**1 Become aware.** Being conscious of how anxiety presents in your body helps you understand when you have been triggered. Often, your body can tell you about your anxiety before your mind. Where do you experience anxiety physically? Has your breath or heart rate quickened? People often notice anxiety in their chest as the body pumps blood to the heart to prepare for fight or flight.

**2 Try this breathing exercise:** Inhale for a count of four and exhale passively for a

count of six. Taking time to breathe has an instant impact on our nervous system and brings us back to a state where we can be in the present and reflect on the cause of our anxiety.

**3 Get moving.** Try swimming, dancing or yoga. When we move our bodies, our brains create natural serotonin, the same chemical found in most antidepressants. Building up a natural resource of serotonin can make a sizeable difference to your mental health and resilience in the long term.

# Life is better on the farm

Entrepreneur and animal lover **Jessica Cross** explains how love, respect and hard work make happy bedfellows at her Devonshire business

**T**HE ELECTORAL ROLL will reflect that I live alone on a farm in Devon but nothing could be further from the truth. The reality is that I share my land with 46 Southdown sheep, 25 chickens, two turkeys, two dogs, two cats and, until very recently, a pig named Cassandra, may she rest in peace. I am known as 'the intrepid wool grower' or 'the duvet lady'.

With all these creatures living free-range, how could I ever be lonely and what could possibly go wrong? I am not quite sure how I do it, but I manage to convince my animals of three rules by which we live together harmoniously every day:

- Love is unconditional
- Respect is mutual
- We don't eat family members

Spend an afternoon with us and you will soon appreciate why I say Primrose Farm is the happy house of random chaos. I am so used to the spontaneous mischief of my animals that I no longer notice what visitors find amusing – like Roger the turkey taking control of the Women's Institute meeting we held recently



in the barn, while Max, the working collie, herded chickens between the picnic tables... All this as Cal, the hefty mountain dog, stood frozen at the barn gate, his courage deserting him, because a tiny, feisty cat had parked herself strategically in the gateway and, in a moment of feline malice, was giving him the evil eye. This sort of comical interaction goes on all day, every day, providing me with an endless supply of writing material. Truth be told, my animals keep me sane.

Primrose Farm is also home to the famous Southdown range of luxury wool bedding, as well as four letting cottages, so I am always busy with customers and guests. The animal antics provide a welcome diversion.

Every month, I will endeavour to capture your attention, entertain you, perhaps elicit a wry smile or

make you nod knowingly, and hopefully give you a heartwarming or thought-provoking takeaway – all in a three-minute read.

Until next time, sheepy greetings and bleatings from me and my menagerie in Devon.

## Counting sheep...

*'These duvets are top of the line but you also get an eco-friendly product. It's good to know that I'm sleeping under the wool from contented sheep', says satisfied customer Mark. 'Southdown Duvets also provides attention to detail in the preparation of the wool and final product, great customer service and a generous returns policy – but you won't want to return it!'*

*Owner Jessica says: 'All credit goes to the Southdown sheep who provide this miracle fibre in the first place. I just do right by them and my customers.'*

**USE CODE  
'sleep21' for a  
£20 discount**



**southdownduvets.com  
01404 861 117**





**Dossier**

# Get to grips with your emotional eating

We must nourish our bodies and food is one of life's great pleasures – but, as a nation, we're comfort eating to an unhealthy level. Take the angst out of your relationship with food and fuel yourself well, without self-sabotage and guilt

WORDS: ANITA CHAUDHURI



**T**HE DAY WENT downhill fast. The spiral started when I reached over to pop a jug of porridge into the microwave, an action that somehow knocked over a canister of teabags from a shelf. It landed upside down inside the jug. Breakfast and a mass of teabags ruined! That set the tone and it snowballed from there – missed trains, fraught deadlines and a vexing phone call with a friend. The only thing that kept me going was the prospect of a lovely glass of merlot and some cheese when I finally got home.

It's likely that this scenario, possibly with different ingredients, is familiar to many, particularly since lockdown. A survey<sup>1</sup> found that the pandemic has caused people living in Britain to become the biggest comfort eaters in Europe, with a 29 per cent rise in alcohol consumption and a similar spike in spending on convenience foods – and even more on a category called 'tasty treats'. With statistics like these, it's no surprise that a study by King's College London found that almost half of us have gained weight since Covid hit.

This could be expected given the stress and boredom that characterised lockdown for many people. With limited activities and little to look forward to, it was all too easy to cheer ourselves up with croissant breakfasts, chocolate biscuits for elevenses and sticky toffee pudding and salted caramel ice cream for dessert every night as a reward for making it through yet another day.

But what exactly is it about food that gives us comfort, particularly those items that we are fully aware are not good for us? Rationally, it doesn't make any sense. Most of the time, I am pretty healthy (see aforementioned porridge), I walk a minimum of 10,000 steps a day and love going to the gym.

But I also know that my cake intake probably went up by 30 per cent during lockdown.

## Pleasure principle

A major factor is the physiological impact of sugar, often a component of comfort food. As psychologist Cinzia Pezzolesi explains: 'During lockdown, we were all searching for ways to feel good. Sugar has a strong effect on the brain – it stimulates the reward system. When we eat, say, an ice cream, we produce a hit of dopamine, the feel-good brain chemical. Humans evolved this mechanism because we needed to remember where we found food that was not poisonous.'

Unfortunately, our primeval brains have not caught up with the fact that the corner shop is usually a safe bet for non-poisonous fruit and nuts! The brain learns to produce dopamine every time you eat a food that you find enjoyable to eat.

'On a day when you feel sad, or even just a bit flat, you reach for the comfort food because you crave those chemicals,'

Pezzolesi says. 'But what happens as time passes is that the brain generalises that feeling. So, one day, you feel sad and the brain remembers that eating something delicious makes you feel better. That starts the craving cycle. But, over time, you don't even need to feel low to crave the food – all you need is to see the item and it's linked to the memory of feeling good. You see it and you want to eat it.'

This explains why someone might always buy a cake when they walk past the patisserie, regardless of whether they are hungry, let alone feeling blue.

## Under pressure

Stress can also trigger comfort eating. A study published in *The American Journal Of Clinical Nutrition* found that women suffering from

**“Since Covid, we’ve become the biggest comfort eaters in Europe, along with a 29 per cent rise in alcohol consumption”**





work-related stress were more likely to eat when feeling anxious or depressed. 'Stress destabilises our sense of safety. When we don't feel safe or well, we are conditioned to believe that food will help us, and we end up stress eating,' says Pezzolesi.

'Another reason we eat when we feel overwhelmed is that it's a form of procrastination. If you're facing a difficult task you don't want to do, food provides an escape. You can't face the task but, by eating, you are still doing *something* rather than nothing, and you can justify it by telling yourself that you need to eat anyway.'

## We knew it all along

The tendency to turn to food for comfort is rooted in unhelpful messaging we may receive in childhood. 'As babies, we are born with great instincts about food,' says nutritionist Laura Thomas, author of *How To Just Eat It* (Pan Macmillan, £14.99). 'My baby isn't in his high chair worrying about the calories in a banana. He's kicking his legs with joy. When he's finished a meal, he throws the rest on the floor. He knows when he's full.'

But messages around food, such as 'you can't go out to play until you've eaten your broccoli' or 'if you pass the test, I'll buy you a sweetie', reinforce the idea of food as punishment or reward. 'We need to get rid of the guilt, shame and judgment we have acquired around food and our bodies,' says Thomas. 'We cannot unlink emotions from food – all eating is emotional eating if you think about it. We are humans, we have emotions and we have to eat. Neither can we turn off our emotions while we eat.'

Thomas believes that we need to return to a less complicated way of eating. 'Although different foods have different nutritional values, we should start viewing everything as neutral, rather than morally good or bad. Using terms such as "junk food" is setting ourselves up for a loaded experience. It highlights the message that if you eat it, then you are an unworthy person. It's ludicrous, it's just food.'

[cinziapezzolesi.com](http://cinziapezzolesi.com)  
[londoncentrefortuitiveeating.co.uk](http://londoncentrefortuitiveeating.co.uk)







“Are you judging yourself for eating a slice of cake or a pizza? Neutralise the phrases you use about food. Eliminate the good-bad dichotomy”

## Are you an emotional eater – or just hungry?

For anyone who views their diet in terms of ‘good’ and ‘bad’ foods, there may be an unexpected underlying cause for their tendency to scoff a family-sized trifle in front of the TV of an evening, despite their best intentions.

‘Very often, someone will come to me for help with comfort eating or stress eating, whatever they want to label it,’ says nutritionist Laura Thomas. ‘And they will typically mention their daily food diary – they might skip breakfast because they were in a rush, then have a salad for lunch because they were being “good”, then hit the gym after work. By the time they get home, they’re raiding the fridge and eating everything in sight. It’s chaotic and stressful but what they are describing isn’t emotional eating – it’s hunger!’

If you restrict calories and

deprive yourself of the things you really want to eat, no wonder you’re tempted to reach for sugary foods at the end of the day. ‘It’s the equivalent of letting the petrol tank in your car run right down – until you’re running on fumes. When it gets that low, the natural response is to fill it back up to full,’ she says.

Thomas suggests that we pay close attention to the language we use around food, particularly words that involve guilt or shame. ‘Are you judging yourself for eating a slice of cake or a pizza? A great start is to neutralise the phrases you’re using to talk about what you’re eating. Eliminate the good-bad dichotomy. Allow yourself to eat the foods that you find satisfying and pleasurable.’

That sounds lovely, but I worry that if I gave myself permission to enjoy the Brie and Camembert with a baguette and all the organic

butter, I’ll consume an unhealthy amount. By thinking of it as ‘just food’, I’m keeping things in balance.

In the interests of research, I decide to try this approach. Every day for a week, I have my French cheese course after dinner. It is a revelation! For a start, after day four, the unthinkable happens and I start to lose interest in cheese. Maybe some dark chocolate would be nice? I’m not a chocoholic, so two squares is enough.

‘The more often you give yourself permission to eat what you want, the less you will feel a pull to overindulge on those things. They will lose the charge they have over you,’ says Thomas.

In my case, I also realise that by not focusing so much on ‘reward’ foods, I’m not rushing through my main meal to get to the treats. No guilt, no shame – and less overeating.

# Mindful eating in 3 steps

Bring awareness to mealtimes and address your poor eating habits

## 1 RECONNECT WITH HUNGER

*As an experiment, stop eating between meals.*


*Many of us have fallen into unhelpful patterns of grazing all day, eating leftovers from the children's plates or doing a 4pm coffee run and grabbing a cake while we're at it. We have forgotten what proper hunger feels like. 'If you are not hungry when you start eating,*

*it's difficult to know when you are full,' says psychologist Cinzia Pezzolesi. 'You need to notice when hunger disappears and what fullness feels like. Mindfulness helps you reconnect with the natural self-mechanisms that we tend to ignore when we are trying to control our food intake.'*

## 2 NOTICE HOW DIFFERENT FOODS MAKE YOU FEEL

*The next time you find yourself overindulging in unhealthy food, pay attention to what your body is telling you. 'Ask yourself, do I feel good after eating this item? Or is what you're experiencing what I call "the taste of disappointment", asks Pezzolesi, "when you just know, even as you are eating, that you are going to feel bad afterwards, perhaps even guilty?"*

*There is a fine line between something that tastes delicious and feeling that you have overdone it, which leads to feeling bad about it,' she says.*



“Ask, do I feel good after eating this item? Or is it what I call ‘the taste of disappointment’, when you know you are going to feel bad?”

### 3 EAT WITH FULL ATTENTION

*“The practice of mindful eating embraces the idea that you can eat anything you want, when you want, as long as you are connected with the experience. That means putting away your phone, turning off the TV and staying present with how the meal is affecting all five of your senses. Afterwards, consider how your body feels. You might be encouraged to make a different choice next time, such as choosing to eat only a small piece of cake because you know that if you eat more, you won’t feel great. Or you might eat the same way the following day...”*

*It’s the difference between restriction and choice,’ says Pezzolesi.*





## What unmet need is being fulfilled by food?

If you still feel an emotional drive to consume certain foods, it's time to conduct a little self-inquiry to uncover what else might be going on in your relationship with food, and whether your eating habits are serving you well.

'When clients come to me in this situation, I ask them – what need do you think your habit is meeting?' says nutritionist Laura Thomas. 'That need might be that you are living through a global pandemic right now and that is tough. So, food might be offering you something valuable – comfort, pleasure, joy, safety or a sense of connection. Just reframing what you're doing can take the sting out of it,' she says.

But identifying the source of your emotional discomfort is only half the solution. The other aspect is to look at your psychological toolkit for coping. 'A person might examine

their typical response to difficult emotions, and realise that in their toolkit they have Victoria sponge, crisps and biscuits,' says Thomas. 'If you haven't developed alternative tools or skills to get through life's difficulties, and someone tells you that you must remove those foods, what are you left with? Food, in this instance, is serving an important need. It's not helpful to tell someone they have to stop the behaviour that is making them feel better.'

A more useful response is to develop new, non-food-based coping strategies alongside comfort food. It's about broadening the range of options available to you.

'Ask yourself, what other tools could you add? Going for a walk, phoning a friend, meditation or therapy, if appropriate, and integrate food as one of several resources,' says Thomas. 'Also,

learn to see that comfort eating is a useful response. It is communicating that you have an emotional need that requires soothing. Recognise that eating may be the best tool you have to meet that need right now and give yourself some compassion and acceptance. There is nothing to feel guilt and shame about!' she adds.

Refreshingly, Thomas believes that eating is a form of self-care, and an affordable one at that. 'The term self-care has been hijacked by capitalism,' she observes, referring to the fact that expensive spas and complicated juice cleanses now use the phrase as a marketing strategy. 'Meanwhile, a packet of biscuits costs about a quid. There is no more fundamental way of caring for ourselves than feeding ourselves and nourishing our souls, as well as the cells in our bodies.'

# The 4 types of eating: why and how we do them

In her wellness practice, which integrates the wisdom of Chinese medicine, holistic and intuitive health coach Kit Yoon breaks down the main ways we consume our food

In lockdown, we experienced fear, uncertainty and unease, as well as many other negative emotions. It's no wonder people turned to food for comfort, connection and relief.

Where emotional eating goes awry is when we judge ourselves over it – because the more criticism we heap upon ourselves, the more self-sabotage ensues. Acceptance

that it is a normal to eat emotionally sometimes will stop the pattern of self-criticism and self-sabotage.

Kit Yoon's 'four types of eating' may offer clarity on how you eat:

# 1

## Fuel eating:

When we consume for fuel, we satisfy the body and its hunger until we are satiated – for nourishment. What is key is to know how you want to feel before, during and after eating. If you want to feel physically satisfied, then fuel eating is what you're looking for – but be sure to allow other types of eating in your life as well.

# 2

## Joy eating:

This is when you eat foods that may not serve your body nutritionally, but they can satisfy your heart and mind, or other types of hunger outside of the physical. Allowing yourself to experience joy eating mindfully can make eating holistically satisfying.

# 3

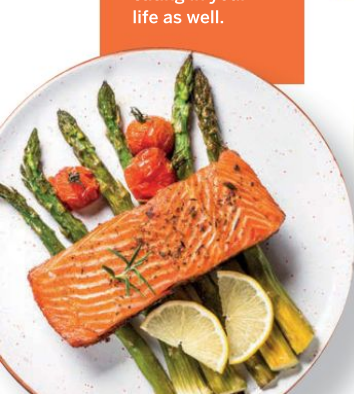
## Fog eating:

This happens when we are no longer mindful or conscious of our actions around food. It may be the last few bites of the dish, it might happen between meals and it could be taking place throughout the day. We can stop fog eating by slowing down, so we are aware of what we are doing. We can also decrease fog eating by planning meals and snacks ahead of time.

# 4

## Storm eating:

Storm eating is when we are eating because of our emotions – loneliness, anger, guilt or frustration. This type of eating piles on more negative feelings, such as shame, and can spark self-sabotaging behaviour, for example binge eating. Because of the negative feelings linked to binge eating, it can lead to more storm eating and so on... Episodes become cyclical and we forget why we storm-eat in the first place. [kityoon.com](http://kityoon.com)



## Test

# What's at the root of your emotional eating?

If you're aware that your moods can hijack your eating, take our test to identify your personal triggers

## 1 Which of these qualities could you do with more of right now?

- ♥ Resilience
- Optimism
- ◆ Focus
- Confidence

## 2 You find it hard to admit how often you feel:

- Needy
- ♥ Irritated
- ◆ Frustrated
- Detached

## 3 You'd feel more in control of what you eat if you had more:

- ♥ Time
- ◆ Purpose
- Energy
- Support

## 4 You're at your most vulnerable to emotional eating when you feel:

- Isolated
- Low
- ◆ Stuck
- ♥ Under pressure

## 5 You'll get your eating back on track when:

- ♥ You've got through this challenging time
- ◆ You've got your motivation back
- You feel like yourself again
- You have the right people in your life

## 6 You'd most benefit right now from feeling more:

- Loved
- ♥ In control
- ◆ Engaged
- Robust

## 7 In the short term, eating stops you feeling:

- ♥ Anxious
- ◆ Bored
- Empty
- Alone

## 8 You wonder how some people seem to:

- Be so successful at life
- Have a huge social circle
- ♥ Cope with everything
- ◆ Be super productive

## 9 You feel at your best when you:

- ♥ Have taken time to properly relax
- ◆ Are doing something you find interesting
- Have reconnected with what's important
- Spend time with people who get you

## 10 A bout of emotional eating leaves you feeling:

- ◆ Angry and frustrated
- Really low
- A bit ashamed
- ♥ Out of control

Circle the answers that most closely apply to you, then add up the symbols. Read the section (or sections) you circled most, to find your personal eating and emotions connection.





# Why are you eating mindlessly?

IF YOU SCORED MAINLY ▼

## Stress

It's probably not news to you that your emotional eating is about stress. But knowing you react this way is one thing and understanding why is another. Stress eating is complex and can serve different purposes at different times. Sometimes, it's simply about giving yourself a break from uncomfortable feelings. Or maybe there's a sense that, on top of everything else, you can't cope with trying to control what you eat. Giving in to your cravings may even seem like a self-compassionate act when you're under pressure, because you know giving yourself a hard time never helps. But if emotional eating adds a toxic layer of guilt or low mood to your stress, you're not giving yourself the support and nurturing you need. And, while you're using emotional eating as a coping mechanism for stress, you're not getting to the root of what needs to change.

It's time to find your personal prescription for calm to put you back in control of your response to stress. Carve out time daily for calming your mind through exercise, creativity, journaling, yoga, mindfulness or spending time in nature. From a calm place, you can take an objective look at what needs to change in your life.

IF YOU SCORED MAINLY ●

## Discontent

At the root of your emotional eating is often a general feeling of discontent or low mood, whether it's a new feeling or an old one that comes and goes. And, when this is the trigger, as well as a craving for an instant mood lift, it can also be a response to the physiological effects of low mood, which can zap your energy and make you feel permanently exhausted. Is it any wonder that you crave the instant relief you get from a hit of sugar or carbs, however temporary? In a way, you could say that your response is intuitive – you are aware of your sense of discontent with life and you are trying to take the edge off that feeling. But it's a form of self-medication that at best offers temporary relief and, at worst, deepens feelings of unhappiness. And, when you numb feelings or use emotional eating to help you tolerate them, you may be inadvertently taking away the motivation you need to make the bigger changes that will truly make a difference to how you feel.

When low mood persists, it's best to seek professional help but, in the meantime, commit to trying alternative mood boosters before you apply the emotional eating sticking plaster. Try a phone call with a supportive friend, a brisk walk or listening to your favourite music.

IF YOU SCORED MAINLY ◆

## Boredom

Eating is your response to feeling understimulated, unchallenged and bored. Eating can also be an effective form of procrastination if you can't face a task you need to do. You may convince yourself that you're hungry or you have a craving for a particular food that's too strong to ignore but, in reality, the trip to the fridge or corner shop is an elaborate delaying tactic. A lot of boredom eating is impulsive but it can also be planned – if your days are spent doing something you find unstimulating, planning what you will eat can help break up a long stretch of time and make it seem more bearable. The trouble, of which you are no doubt aware, is that it doesn't take away the boredom – it just adds a layer of irritation at being stuck and unable to respond in a more proactive and positive way.

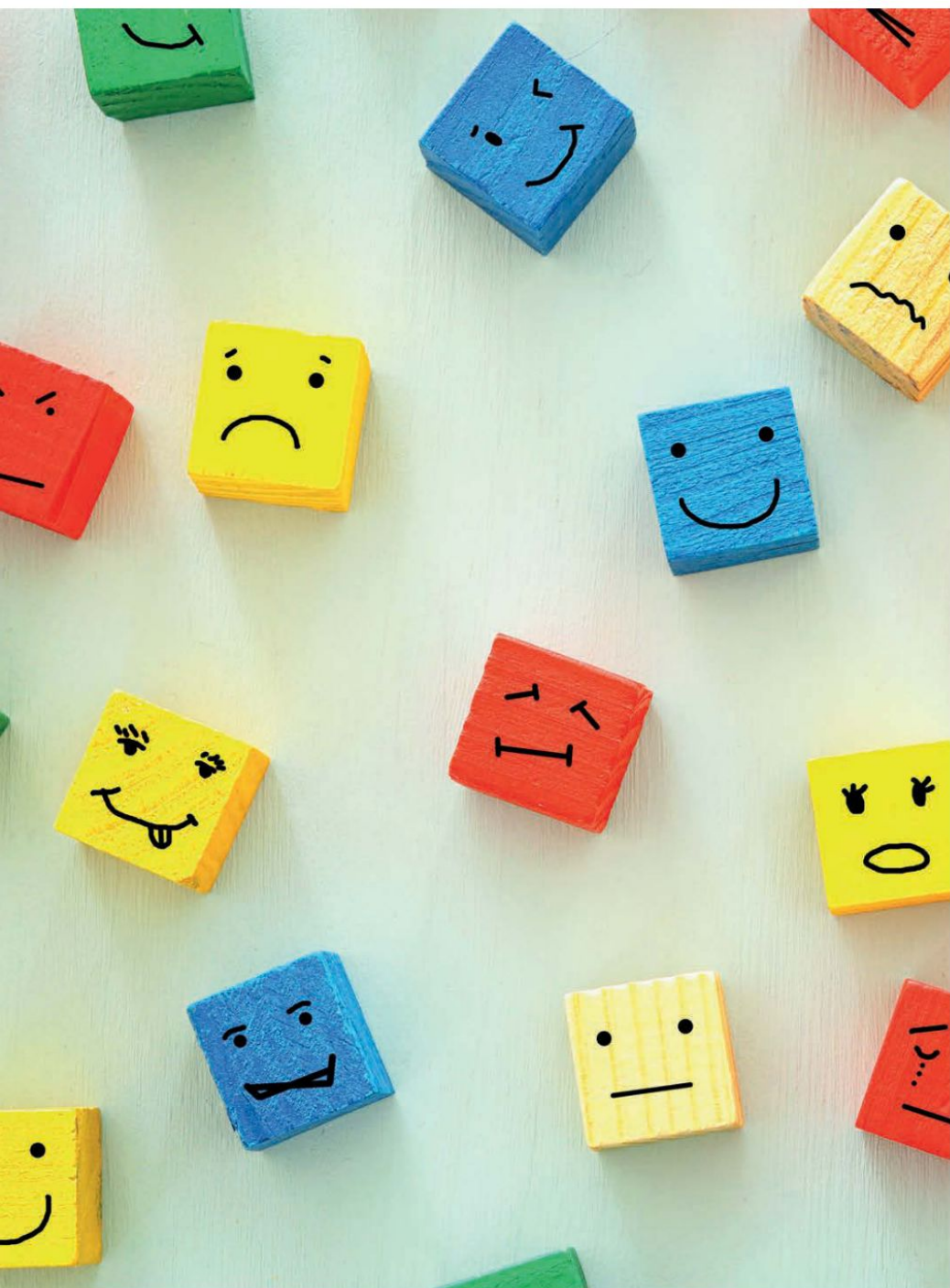
It may be that, for now, you can't change your circumstances, but you can change the way you respond to them. Even mundane tasks can be engaging if you approach them in a way that reflects your core values. What can you learn from what you're doing? Remind yourself of the ways that what you're doing can make a difference to someone else's life.

IF YOU SCORED MAINLY ■

## Loneliness

It's a myth that you have to be alone to feel lonely – you can feel lonely in a relationship or in a crowd if you feel you can't be authentic or you're not getting your needs met. Sometimes, the solutions to loneliness are long-term, so it's no surprise we look for a quicker fix by soothing the feelings with food. The trouble is, when it doesn't make the feelings go away, you may respond by eating more, triggering a binge and remorse cycle that compounds the feelings of isolation – now there's a secret that keeps you apart from others. You may be well aware that your feelings of disconnection are the source of your emotional eating, but loneliness can also creep up undetected. Food is a way of showing love in many families, so it makes sense that when you're aware of a lack of love or connection, you soothe yourself with food. Given that it can be hard to admit to ourselves that we're lonely, emotional eating can also serve the purpose of creating a secondary problem that can be easier to focus on instead of the loneliness.

Once you've got over the hurdle of accepting your loneliness, the next step is to talk about how you feel to others. Loneliness is complex but one aspect is simple – it's not a problem that you can solve on your own!





# *“I stopped denying myself and made friends with food”*

After decades of self-punishment and a negative body image, a reader found harmony – and realised that love, laughter and treats go together

WORDS: ALEX LLOYD

**KIRSTY KETLEY, 40, NANNY AND CONSULTANT, SURREY**

**S**ATURDAY NIGHTS MEAN snacks in front of the TV in our house. Our children, Ella, eight, and Leo, four, are allowed to stay up late with my husband, Stuart, and me for the big event – with crisps and popcorn! This family time became the highlight of our weekends during the grind of the pandemic.

Until the first lockdown, I would forgo the treats while the family indulged – or feel guilty if I joined them. As a trained nanny and parenting consultant, I understood child nutrition and knew that everything in moderation was the key to a healthy life, balanced with plenty of physical activity. I tried to instil this sensible attitude in my clients, who fretted about only serving salt- and sugar-free food to their offspring. Yet, for most of my adulthood, I had failed to apply my knowledge in my own life.

I grew up in Derbyshire in the 1980s. My parents weren't strict about what we ate, but our meals were home-cooked and portions moderate. However, by the time I hit my teens, the diet industry was everywhere. Slimming shakes and self-denial were in vogue, while the so-called perfect female form was waif-like model Kate Moss.

As a girl with a naturally larger chest and hips, and the first of my friendship group to hit puberty, I was self-conscious about my body, even as the Spice Girls

were liberating young women with 'girl power'.

I was a keen cross-country runner and extremely fit, but guilt slowly attached itself to certain foods. This got worse when I started working in a nursery and my colleagues were constantly counting calories.

I loved eating out but started to worry about what people would think if I ordered pudding, although I was a healthy size 12 and ate sensibly. The reality was that no one cared and, looking back, I feel sad that I denied myself the pleasure of certain foods for so long.

When my daughter was born prematurely in 2013, I suffered from postnatal depression and I stress-eat to cope. With my second pregnancy, I developed gestational

diabetes and had to follow a strict diet, which meant that I actually lost weight during pregnancy.

But it took the pandemic to make me reassess my relationship with what I ate and finally let go of negative associations with certain foods. Meals became a way to create structure in our weeks, fill time and feel happy amid the uncertainty and chaos in the world. When my work dried up during lockdown, Ella and I baked cakes and shared our recipes on social media.

Stuart and I love cooking and we enjoyed meals as a couple whenever we could. If he made a rich chicken pie, I stopped worrying about the





creamy sauce and puff pastry and just enjoyed it.

My main revelation in finding balance was about being active. The restrictions meant I wasn't running around in my busy job any more and walks were limited to strolls at a child's pace. I realised that feeling unhealthy and sluggish was linked to being sedentary and had little to do with whether I denied myself pudding! This epiphany means I'm trying to move more and worry less.

Since life has opened up again, longed-for reunions with loved ones have been a feast of laughter, good food and wine. Life's too short to skimp on the crisps!

*Kirsty is the owner of parenting consultancy auntiekschildcare.co.uk*



# Hello!

Subscribe to 'Psychologies' today for inspiring, yet surprisingly easy, ideas to create small changes in your life that make a big difference to how you feel.

Featuring cutting-edge authors, experts and therapists, as well as real-life readers like you, 'Psychologies' is sure to become your new best friend – and life coach!

Costing less than a latte a month, a 'Psychologies' subscription could be one of the best investments you ever make. Give yourself the gift you deserve and learn how to make your life calmer, happier and more relaxed. We can't wait to have you on board!

Sally x Editor,  
Psychologies

**Terms & conditions:** UK Direct Debit offer only. You will pay £5 for your first three issues. Your subscription will continue at a rate of £22 every six months. Savings are based on the standard cover price of £4.80. Offer ends 31 August 2021. Your subscription will start with the next available issue and you will receive 13 issues in a year. Prices correct at time of print and subject to change. For full terms and conditions, visit [shop.kelsey.co.uk/terms](http://shop.kelsey.co.uk/terms)

**Data protection:** We take great care in handling your personal details and these will only ever be used as set out in our privacy policy, which can be viewed at [shop.kelsey.co.uk/privacy-policy](http://shop.kelsey.co.uk/privacy-policy)

• You may unsubscribe at any time

# Subscribe to PSYCHOLOGIES today!

Become a member of our Subscriber Club!



When you subscribe, you automatically become a member of the 'Psychologies' Life Leap Club and receive the following exclusive benefits:

- Free coaching
- Opportunities to talk to experts
- Access to our subscriber-only Facebook group
- Special weekly e-newsletter
- Discounts on *Psychologies* products
- Free delivery to your door in 100% plastic-free packaging

**PLUS!** You will receive life-improving content in every issue to give you the strength and confidence to live your best life

## Self



## Relationships



## Wellness



## Work





# SUBSCRIBE NOW & pay £5 for 3 issues!

*Continue to save 29% after your trial*

**LISA FAULKNER** on how she transformed her life

UK EDITION

# PSYCHOLOGIES

MAGAZINE

AUGUST 2021 • £4.80

## Feel more confident

Why stepping out of your comfort zone makes you happier

**8** easy ideas to boost your powers of persuasion, today!

The magical power of **WORDS TO HEAL YOUR HEART**

**15-PAGE DOSSIER**

## UNDERSTAND YOUR COMFORT EATING

- Discover new ways to think about food
- Free yourself from your cravings

**Can't sleep?**  
Discover the secret to sleeping all night long

**TAKE CHARGE OF YOUR TECH**  
Less screen time, more you time

**JOE WICKS**  
Recipes whole

**Denise Lewis**  
On pressure, persistence and patience

**CLEAR OUT YOUR INNER CLUTTER**

**£5 FOR 3 ISSUES**

***Don't miss out – order today!***

Order online at [SHOP.KELSEY.CO.UK/PY1021](https://shop.kelsey.co.uk/py1021)

Call now on 01959 543747\* Quote ref: PY1021

\*HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

HARTLEY  BOTANIC  
HANDMADE WITH PRIDE SINCE 1938

# HOME, HEALTH AND WELLBEING



BESPOKE GLASSHOUSE  
Solihull, UK



Visit us at the RHS Flower Shows 2021 | RHS Hampton Court Palace 6<sup>th</sup>-11<sup>th</sup> July | RHS Tatton Park 21<sup>st</sup>-25<sup>th</sup> July

Discover the secret of Hartley Botanic by calling 0800 783 8083 or visit [www.hartley-botanic.co.uk](http://www.hartley-botanic.co.uk)



THE FINEST GLASSHOUSES MONEY CAN BUY

The only aluminium Glasshouses and Greenhouses endorsed by the RHS

© The Royal Horticultural Society. The Royal Horticultural Society, and its logo, are trade marks of The Royal Horticultural Society (Registered Charity No 222879/SC038262) and used under licence from RHS Enterprises Limited.



# *Real Wellness*

*Wellbeing • Movement • Connection • Health • Nutrition*

EDITED BY ALI ROFF FARRAR

## *In the pink*

Want an exercise boost? Reach for the pink lemonade! It sounds nonsensical, but researchers found that the colour of the drink you sip while running can cause you to go further and faster – and even help you enjoy your exercise more. A study\* at the University of Westminster found that a pink drink increased performance by almost five per cent over a clear drink – with runners managing to achieve an extra 212 metres on average over a 30-minute period. Athletes were given the same drink – but food dye was added to change the colour for some participants. The researchers selected pink because the colour is associated with sweetness and therefore increases expectations of sugar and carbohydrate intake. Gives new meaning to 'rose' to the occasion!

PHOTOGRAPH: GETTY IMAGES; D BROWN ET AL. 'FRONTIERS IN NUTRITION', 2021



>>>



# Mindful wellness

Do you practise mindfulness? Yes, you do, perhaps without even realising it. Ali Roff Farrar highlights the source and benefits of conscious living, plus feelgood products and meaningful science for greater wellbeing



## EASY ART OF MINDFULNESS

*As lovely as it would be to sit on your meditation cushion for a blissed-out period every day, life is just too busy sometimes. But a full life isn't a bad thing – see it as a chance to be mindful in even routine moments. In essence, that's what mindfulness is, and meditation is the practice part. Mindful action in everyday moments can create real impact.*

*Without even being aware of it, we have mindful moments throughout the day – every time we recycle, for example, is mindfulness in action. Where else are you already being mindful in your everyday tasks?*

*Ali*

Psychologies Wellness  
Director, mindfulness  
expert and yoga teacher

FOLLOW US!



#mindfulhealth@aliroff  
@psychologiesmagazine,  
psychologies.co.uk

### Turn skincare into skin love

I love the Versed home dermaplaning tool, £15.99, which exfoliates the skin by removing the build-up of dead cells, leaving your face smooth and bright. It facilitates deeper penetration of skincare products and allows make-up to glide on flawlessly, with no need for scrubs or peels in between. [versed.com](http://versed.com)



### Screen test

Many common sunscreens contain chemicals that are bad for the planet and can also cause hormone disruption and skin irritation. Emma Lewisham Skinshield SPF 30, £32, is a non-toxic, naturally derived sunscreen that doesn't do any damage. It's creamy, matt and gentle enough for your face. It also protects from pollution and blue light emitted by screens. [emmalewisham.com](http://emmalewisham.com)



## HAPPIER PERIODS

Forage Botanicals makes comforting natural remedies for period pains – both physical and emotional. Soothe

body and mind with magnesium-boosting Epsom bath salts, infused with geranium, clary sage and bergamot essential oils. Rub away cramps with warming peppermint Moon Time Belly Balm and, when things get a bit too much, squeeze a couple of Peace Drops under your tongue for calm. Range from £3.50; [foragebotanicals.co.uk](http://foragebotanicals.co.uk)





PHOTOGRAPH: GETTY IMAGES; 'AU CHOI ET AL.' ROLE OF CERAMIDES IN BARRIER FUNCTION OF HEALTHY AND DISEASED SKIN, AND J CLIN DERMATOL. 2005



## THE CERAMIDES CONUNDRUM

Ceramides – we've heard of them, but why should we put them on our skin? Ceramides are waxy lipid molecules that make up part of a healthy skin barrier. If you have dry, irritated skin, you may have low ceramide levels, which can lead to eczema.\* Vegan by Happy Skin's Avocado + Ceramides Day & Night Moisturiser, £29.90, is formulated with nourishing avocado and babassu oil, plus all-important, hydration-replenishing ceramides to bolster the skin's protective layer. [veganbyhappyskin.com](http://veganbyhappyskin.com)

# 90%

*of people struggling to conceive experience symptoms of depression, and one in seven couples will have difficulty conceiving. Fertility Network UK advises breaking the stigma of infertility by talking openly about it and finding support. [fertilitynetworkuk.org](http://fertilitynetworkuk.org)*



'There's a damn good reason people are struggling – we are not raised to understand ourselves,' says psychologist Sophie Mort, author of *A Manual For Being Human*, (Simon & Schuster, £14.99). Her brilliant book will help you know yourself, your emotions and personal obstacles.



## Mindful Health Club

*The question we're asking this month is not 'how can you be more mindful in your everyday actions?' but 'how are you already being mindful in your everyday?' And how does it serve you?*

**1** Make a short mental list of the times you are mindful or make mindful decisions in your everyday life. For example, choosing to recycle plastic and paper or deciding to write someone a 'get well soon' card...

**2** Ask yourself how these moments make you feel?

**3** Now make a short mental list of everyday actions that you sometimes find yourself doing mindfully, but also sometimes don't – for example, driving, cleaning or hanging out the washing.

**4** What helps you to be mindful in these moments?

### A TIME FOR MINDFULNESS

*If you enjoy these Mindful Wellness pages, you might like my book 'The Wellfulness Project' (Aster, £16.99), a personal guide to design your own wellness lifestyle based on your unique needs and personal preferences, creating a wellbeing plan that works exclusively for you and your life*



## MUSHROOMS WITH EGGS, FETA CHEESE AND CHILLI BUTTER

*Whether you're pootling around in a campervan or dining al fresco at home this summer, this brunch recipe from 'Camper Van Cooking' by Claire Thomson and Matt Williamson packs a punch of flavour and nutrition*

**Serves 2**

**4 tbsp butter or olive oil**

**1 tsp chilli flakes, plus extra for sprinkling**

**4 large or 8 medium mushrooms, thickly sliced**

**1 bunch spring onions, white and green parts separated, all thinly sliced**

**200g feta cheese, crumbled**

**Big pinch salt**

**Ground black pepper**

**4 eggs**

**Flatbreads or pitta breads, toasted, to serve**

**1.** Melt the butter in a frying pan over a moderate heat. Add the chilli flakes and fry for 1 minute until fragrant, then pour off half the melted chilli butter and keep warm.

**2.** Add the mushrooms and the whites of the spring onions to the chilli butter in the pan and cook for 3-5 minutes until the vegetables are tender and the mushroom liquid evaporates. Stir in half the feta and the salt, and season with black pepper.

**3.** Reduce the heat and spread the mushroom mixture, making a little dent for each egg before adding them.

Cook the eggs to your liking for 3-5 minutes.

**4.** Serve topped with the reserved melted chilli butter and the remaining feta and spring onion greens, with the toasted flatbreads or pitta breads on the side.

• **'CAMPERVAN COOKING' by Claire Thomson and Matt Williamson (Quadrille, £20)**







## QUOTES TO LIVE BY

“I have only to break into the tightness of a strawberry, and I see summer – its dust and lowering skies”

TONI MORRISON

## CONSCIOUS, COURAGEOUS YOU

Access free life-transforming coaching with a 'Psychologies' subscription, from programmes such as 'Conscious self-care' to 'Find your spark'. Join us and commit to creating a happier life. Find out more on page 76



## GRAB AND GO-GO-GO!

Driving past the drive-through and heading home to eat a healthy meal may be less about the desire to 'eat clean' or even sheer willpower, and more about cutting down on stress. A study\* found that a reduction in stress levels caused participants to consume less fast food and processed snacks.

\*M. CHAN ET AL. PERCEIVED STRESS CAN MEDIATE THE ASSOCIATIONS BETWEEN A LIFESTYLE INTERVENTION AND FAT AND FAST FOOD INTAKES. 'NUTRIENTS', 2020



## I will if you will

Our food choices might not be solely based on what we fancy or even what we know is nutritious. Research found that what we eat mirrors the diet of the people in our social circles, so you may be subtly influenced to eat healthy or less healthy meals, depending on the company you keep. Conversely, consciously choosing a healthy diet has a positive effect on your family, friends and co-workers.

Reusable linen snack bag, £12.95, from the Garden Collection by Helen Round, helenround.com



## 2bn

people in the world are estimated to be anaemic.\*\* Those dark circles under your eyes may be a sign of iron deficiency, so try to eat more dark, leafy veg, dried fruit, beans and cereals

## Cool summer

The great British summer is always better with ice cream! Indulge in this creamy, naturally flavoured vegan treat from Oppo Brothers that contains organic Peruvian lucuma fruit for a rich caramel flavour in the Double Salted Caramel variety, £4.50 for a 475ml tub, and ethically sourced pure Columbian cacao in the chocolatey options. Sweetness is added with natural stevia leaf and there are no nasty additives, so the only possible pause for thought is brain freeze! oppobrothers.com



PHOTOGRAPHS: SAM FOLAN FROM 'CAMPER VAN COOKING' BY CLAIRE THOMSON AND 'THE GARDEN' BY HELEN ROUND. \*M. CHAN ET AL. PERCEIVED STRESS CAN MEDIATE THE ASSOCIATIONS BETWEEN A LIFESTYLE INTERVENTION AND FAT AND FAST FOOD INTAKES. 'NUTRIENTS', 2020. \*\*THE GLOBAL PREVALENCE OF ANAEMIA BY WHO BEHAVIOUR, 2021.



## HAVE A HASKAP

### Country: Japan

The haskapa berry's ancient name was coined by the Ainu people of northern Japan and means 'berry of long life and good vision'. It's a fitting description because the haskapa berry, also known as edible blue honeysuckle, contains high levels of anthocyanin, purple pigments that fight free-radical damage that leads to ageing and disease.\* Just one teaspoon of Haskapa berry powder provides the recommended daily amount of anthocyanin.

Haskapa berry powder, £16  
– get 10 per cent off your first purchase at [haskapa.com](http://haskapa.com)



## PROMOTE A FEELING OF AWE

Learn how to slow down, step back from the busyness of life and start to notice the everyday wonder that surrounds you.

Give yourself the opportunity to reconnect with yourself and the natural world by signing up to the 'Little Piece of Wonder Everyday' e-course at [littlepieceofwonder.co.uk/course](http://littlepieceofwonder.co.uk/course)



'Birdsong – An Offline Kit For Connection In A Digital Age', £42, [wildflowerillustration.co.com](http://wildflowerillustration.co.com)

## Together offline

If you want to spend less time online, you'll love this beautifully illustrated Birdsong kit, designed to 'help you find a more mindful online-offline balance'. Artist Rebecca McMillan of the Wildflower Illustration Company created the kit last year when she could not concentrate and find focus. Her kit includes a step-by-step illustrated journey of activities, quotes and prompts to encourage you to reconnect with others, plus cards and writing paper to inspire you to spend more time offline. It's your own soulful space to connect without internet connection.



**24%** of couples are worried about suffering from separation anxiety as we move out of lockdown back into the outside world. A happy 68 per cent of people in couples have 'adored' spending more time together, with 40 per cent reporting that they have started communicating more during lockdown\*

\*RESEARCH FROM BOND TOUCH

## Techno guardian angel

Sixty-three per cent of us are concerned about the radiation emitted from phones and if, like me, you use your phone not only for your morning alarm, but for meditations, relaxing music and bedtime apps to help you drift off to sleep, you're probably sleeping next to your phone as well as working next to it. Revolutionary gadget SleepHalo is designed to protect you by deflecting radiation from mobile devices away from your bed using electromagnetic field shielding, while charging your phone wirelessly.

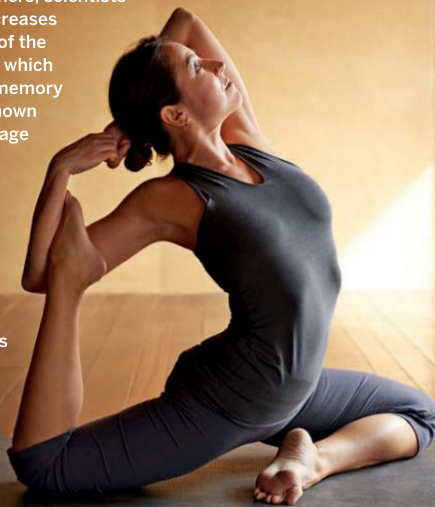
SleepHalo, from £39.99, [sleephalo.com](http://sleephalo.com)





## HATHA NO-BRAINER

It's known that aerobic exercise has a beneficial effect on the brain, but groundbreaking research<sup>1</sup> has found that hatha yoga, the slower form of yoga that combines movement with breathwork, enhances brain structures in the same way. When studying hatha yoga practitioners, scientists discovered increases in the volume of the hippocampus, which is involved in memory processing, known to shrink with age and leading to dementia and Alzheimer's disease. The amygdala, which contributes to emotional regulation, was also found to be larger.



Vest, £32, and crop top, £37, wearatala.com

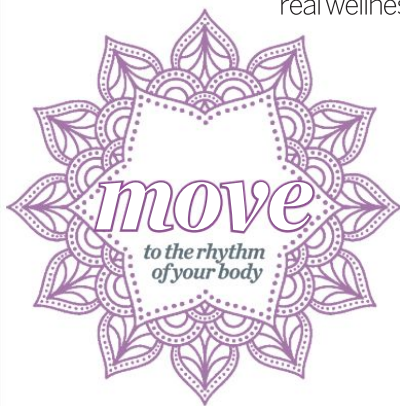
### You work it out

If the fashion industry was a country, its emissions would rank as highly as France, Germany and the UK combined.<sup>2</sup> Slow fashion is the answer! The TALA activewear range uses recycled materials and the firm works only with ethical suppliers and factories.

## QUOTES TO LIVE BY

“Remember, it doesn't matter how deep into a posture you go. What does matter is who you are when you get there”

MAX STROM



## WE LOVE YOGA

Discover the unique holistic health benefits of each asana



### FIRE LOG POSE *Agnistambhasana*

*This pose delivers an intense stretch for the outer hips, particularly the piriformis muscle, which attaches the pelvis to the femur, or thigh bone, and is often the cause of sciatic pain.*

- Sit on the floor in a cross-legged position. Slide your right leg out in front of you and bend your left leg so your foot is positioned in front of your right sitting bone, and your left shin is almost parallel with the side of your mat.
- Bend your right knee and pick up your right foot, placing it on top of your left knee, so your right shin also runs almost parallel with the side of your mat.
- Keep both your feet flexed and active to protect your knees. Reach forward with your fingers to intensify the stretch.
- Stay for 30 seconds, building up to two or three minutes, then switch sides.



# Go back to sleep

As well as changing our lives, the pandemic has disrupted our sleeping patterns. But why – what's causing us to wake during the night or early in the morning, and how can we get our sleep back on track?

WORDS: HEIDI SCRIMGEOUR

**P**ICTURE THIS: AT THE FIRST HINT OF DAWN, your eyes snap open. You blearily reach for your phone to check the time, see it is unholy o'clock and turn over to try and find your way back to that lovely dream you were having. Suddenly, your mind is flooded with your to-do list; that weird meeting you had with your boss yesterday; something you must add to your online shop... You lie there, thoughts chasing each other around your head until your alarm goes off at 7am, when you stagger, exhausted, from your bed.

Sound familiar? It is a scenario that plays out in bedrooms across the country in the wee hours of every morning of the year, but it is particularly challenging right now. Waking with the dawn chorus at 4am is a very different experience during the lighter months than it is in winter, when at least you can make the most of the dark mornings and snuggle back under the duvet when insomnia strikes.

Of course, after all the trials of the past 18 months, it's not surprising that some of us are paying the price. Emotional wellbeing expert and psychotherapist Gosia Bowling explains that our body clocks have been thrown out of sync by changes to our routines and habits, such as working from home, homeschooling and being furloughed.

'Unable to rely on our usual time anchors, such as daily commutes and normal routines, our bodies struggle to regulate the time and switch off at night,' she says. 'Our sleep cues become confused.' This is known as sleep-maintenance insomnia, which can lead to difficulty falling asleep, waking up at night and early awakenings.

But you don't have to accept night waking or dawn rising





as your new normal: it is possible to remedy sleep issues and gain more shut-eye. Clinical psychologist Lloyd Humphries says routine is key. 'Experiencing sleep troubles is not uncommon because we're adjusting to a post-lockdown lifestyle. Combine socialising in the evenings with going back into the workplace and light summer mornings, which naturally tend to shift sleeping patterns, and many of us will find that we're waking early, using lots of energy and getting little rest,' he says.

In a sleep rut, the quickest fix is to identify and shift negative patterns. Humphries says cognitive behavioural therapy techniques can help. 'Often, the hardest thing to put your finger on is the reason you're experiencing problems,' he explains. Try keeping a diary by your bed so you can write down anything that comes to mind when you wake at night. 'This acts as a deposit for all the thoughts taking up your brain space and helps set them aside until the morning,' says Humphries. 'If necessary, challenge the accuracy of each negative thought – ask yourself if there's any hard evidence for or against the validity of the thought.'

Another technique to break thought cycles when you wake is to get out of bed and work through a grounding exercise to reset you before getting back into bed to go back to sleep. 'Splash cold water on your face and focus on >>>

how it feels, open a window and take several breaths of fresh air, or put on some music and draw a line on a piece of paper, using your pen to follow the sound of the music,' suggests Humphries. 'These exercises bring you back to the now and counteract your natural desire, whether conscious or subconscious, to get lost in thought.'

Also think about your typical evening routine before you settle down to sleep at night. A recent survey by Vita Health Group found that many of us scroll through social media in bed before sleep time. However, this can be an emotional avoidance tactic that has a detrimental effect, according to head of wellbeing at Vita Health Tom Bivins.

'Night-time is often the first time we're left alone with our thoughts without distraction and, while this might come as a welcome relief to some, we may attempt to push negative or uncomfortable thoughts out of mind with social media,' he says. 'The danger of scrambling for a distraction is that emotional avoidance is only a temporary fix. Your body will be using considerable effort to keep those feelings quashed, but it's also likely that the feelings you are avoiding will grow stronger, more intense and even uncontrollable over time.'

Instead of scrolling, try a few moments of self-reflection. 'Preventative management techniques help break the cycle, leaving you feeling more comfortable with your emotions and better able to achieve a restful sleep,' says Bivins. 'Taking a little time every day to engage in self-reflection can be beneficial, helping you process your thoughts and feelings and put things into perspective.'

It's easy to dread bedtime if you're suffering from sleep problems. Avoid that by creating a sanctuary-like space with soft furnishings and accessories that help soothe the bedtime blues. A weighted blanket, relaxing pillow spray and stack of reading material can go a long way. After all, if you're spending more time awake in your room than you would like, you might as well make it a calming, comforting place. And, above all, remember that your usual sleeping pattern is likely to return once life gets back to normal.

[nuffieldhealth.com/mental-health-support](http://nuffieldhealth.com/mental-health-support); [silvercloudhealth.com](http://silvercloudhealth.com); [vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)

#### "THIS WORKED FOR ME"

**Janice Tracey, a nutritional therapist,** found that breathing exercises helped her cope with sleeplessness. 'Early waking devastated me when I was working and raising a family. I was exhausted! It helped to do breathing exercises the moment I woke: Two short, fast breaths in and a longer breath out, repeatedly. I'd get back to

sleep about 70 per cent of the time but, even if I didn't, the breathing helped me relax and feel rested, rather than anxious about the fact that I was not sleeping.'

[janicetraceynutrition.com](http://janicetraceynutrition.com)

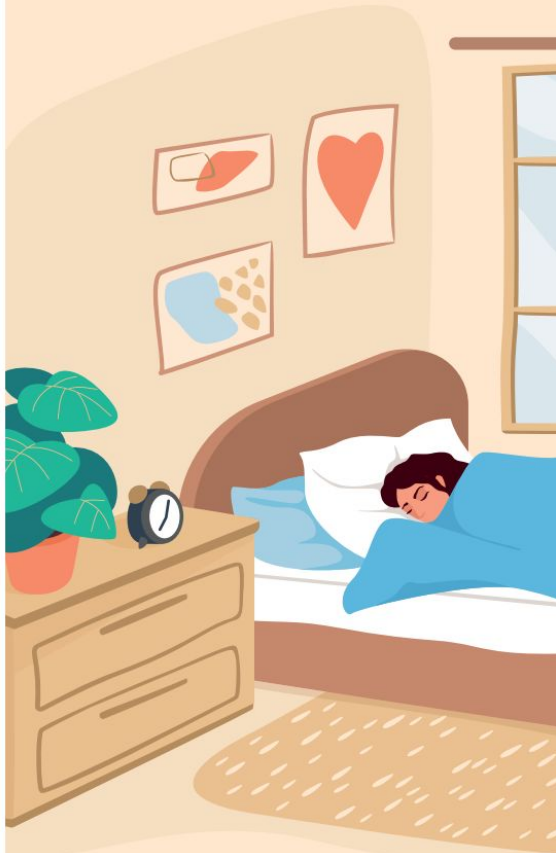


#### "THIS WORKED FOR ME"

**Pearl Howie, an author and fitness instructor,** believes early morning waking is a significant opportunity to confront her worries. 'The Dalai Lama wrote about waking at dawn and many traditions recognise that the time before sunrise is significant from a

spiritual perspective,' she says. 'I think of it as precious. It's why many retreats include early bedtimes and sunrise walks. When I wake up, I work on letting go of my fear, calming my mind and meditating to find peace. Now, I'm prepared for the 4am wake-up, and greet it like a warrior.'

[pearlescapes.co.uk](http://pearlescapes.co.uk)



ILLUSTRATIONS: GETTY IMAGES



# Three tips to tackle wakefulness

Psychotherapist Gosia Bowling recommends this trio of tickets to dreamland

**1 Call time on clock-watching**  
Counting the minutes will only heighten your anxiety about being awake. Instead, try 'the paradox' – force yourself to stay awake. Work as hard as you can to keep your eyes open, using only the power of your mind to keep yourself awake. You can blink occasionally, but you're not allowed to read, watch television or move. It's surprisingly tiring!

**2 Apply the 'quarter of an hour rule'**  
If you lie in bed unable to sleep for long periods, you start to associate your bed with wakefulness and possibly agitation. If you can't sleep after 15 to 20 minutes, get out of bed and go to a different room. Do something that isn't stimulating for 20 to 30 minutes, then return to bed. Repeat until you are able to fall asleep.

**3 Try the 'magic yawn'**  
How you feel is influenced by the way you behave. Smiling will lead to you feeling happier. Forcing your brow into a frown and turning your mouth down at the corners will make you feel sadder. This is also true of sleep. Trick your body into becoming tired – let your eyelids droop, allow your limbs to feel heavy and fake a yawn or two.



## Next steps

Invest in a good night's sleep with one of these tried-and-tested sleep aids

*The Sleep School, founded by leading sleep expert Guy Meadows*, has an app that offers a range of support, from daily tips and advice to 30-day courses and video sleep clinics. Sleep School App, £29.99, [sleepschool.org/app](https://sleepschool.org/app)

*Designed in collaboration with sleep experts*, Morphée is a non-digital, screen-free aid. It features more than 200 relaxing audios to help you drift off, including nature sounds, guided meditations and breathing exercises. The purring Burmese cat in a Parisian apartment is especially soothing! Morphée, £79.99, [morphée.co](https://morphée.co)

*Body-led psychotherapist and breath expert Oliver James* covers how to breathe your way to better sleep, including powerful exercises to stimulate the yawn complex and release sleep-inducing hormones. *21 Breaths: Breathing Techniques To Change Your Life* (Unicorn Publishing, £12.50); [unicornpublishing.org](https://unicornpublishing.org)

*The beautiful sleep journal 'End of day'* is a space to record affirmations, practise gratitude and reflect to help you unwind as sleep time comes around. When she used this journal, our tester had her best night's kip since the start of the pandemic. 'End of day' wellness journal, £19.99, [echor.co](https://echor.co)

# Neurexan®



## Break the stress cycle with Neurexan

**Daytime restlessness impacts on night-time sleeplessness causing a knock-on stress cycle effect<sup>1</sup>.**

**Neurexan®** is a natural remedy designed to help break the stress cycle by reducing nervous tension and anxiety during the day and improving the quality of sleep during the night.

**Neurexan®** contains four natural ingredients with well-known beneficial effects:  
**Zincum isovaleraianicum** (nervousness and sleep disturbances)  
**Avena Sativa** (exhaustion and sleep disturbances)  
**Passiflora incarnata** (anxiety and nervousness)  
**Coffea arabica** (insomnia)

**Neurexan®** is a well-tolerated, non-drowsy and non-addictive formulation with a fast onset of action, suitable for adults.



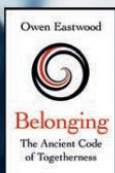
<sup>1</sup> Adopted from: Reddy DS. Physiological role of adrenal deoxycorticosterone-derived neuroactive steroids in stress-sensitive conditions. *Neuroscience*. 2006; 138(3):911-20. doi:10.1016/j.neuroscience.2005.10.016



**Neurexan® comes in a handy 'carry anywhere' 50 tablet pot RRP £8.59 incl VAT and is widely available from all good pharmacies and health food shops in the UK. It can also be bought online from [www.neurexan.biz](http://www.neurexan.biz)**

# The Retreat

Travel • Books • Food • Wisdom



## *Better together*

In a period when we have gone through so much together, yet spent so much time apart, *Belonging: The Ancient Code Of Togetherness* by Owen Eastwood (Quercus, £20) is a relevant read about unity and establishing a shared purpose, rather than focusing on what divides us. It also takes a fascinating look at our ancestral wisdom, the history of our evolution as human beings and our primal need for social togetherness.

PHOTOGRAPH: GETTY IMAGES

>>>



A full-page photograph of a woman with blonde hair, smiling and floating on her back in a natural swimming hole. She is wearing a light-colored bikini. The water is dark, and the background features a large, mossy rock wall. Sunlight filters through the trees on the right, creating a warm, golden glow and sparkling reflections on the water's surface.

# Holidays to satisfy your wanderlust

There's a lot of uncertainty around overseas travel right now, but one thing's for sure – we all need a break! Make this a summer to remember for all the right reasons

WORDS: HEIDI SCRIMGEOUR



**I**F THE PHENOMENON OF mystery flights taught us anything, it's that travel is important to us. Usually chilled-out Australians were so desperate for a change of scenery that they paid hundreds of dollars for a day trip anywhere on a plane to satisfy their need for adventure.

In fact, research by Booking.com claims that 71 per cent of us would rather go on holiday this year than find love, and 74 per cent would prefer a getaway to getting promoted. But if you're confused by red, amber and green lists, and if quarantining isn't an option, it's time to embrace the staycation. And, with our help and the glorious British Isles at your fingertips, it

needn't feel like second best.

'Location is only one aspect of a holiday – the people you travel with and the activities you undertake add significantly to the holiday and the memories you'll make,' says environmental psychologist Lee Chambers. He recommends dissecting your dream holiday and digging deeper into what you're looking to enjoy and fulfil before planning your staycation. 'When you piece that together, you may be surprised that the majority of your desires can be met in the UK more easily than you think.'

Here's some inspiration to help you plan the perfect UK break...

*leechambers.org*



**If you...**

### **usually head for the Med**

Do you love the sunshine, elegance and marine pastimes of the Côte d'Azur? Try the English Riviera instead – a 22-mile stretch of picturesque villages, quiet coves and sandy beaches in South Devon. This part of the world is a haven for foodies and watersports are a must. If you stay in nearby Salcombe, you can even get paddleboards, kayaks and bodyboards delivered to your door. [salcombeinformation.co.uk](http://salcombeinformation.co.uk); [northsands.co.uk](http://northsands.co.uk)





**If you...**

## long to get back to nature

Lockdown has had an impact on our mental and physical health, but a wellness break with outdoor activities such as forest bathing or foraging could help restore you.

'Wellness travel is more in demand than ever, particularly for those who've been confined to cities with little access to natural green space,' says Toby Watfa, director of wellness travel provider Health Travel. 'Holidaymakers want more than just time in the sun. They want rewarding experiences where they can feel inspired, learn something new and truly connect with nature.'

Wild Wellness in the Scottish Highlands is one such option. It's a natural wellness experience within Cairngorms National Park offering wild swimming, learning the ancient art of bushcraft, canoeing along the River Spey, with waterfalls, and private yoga classes in the wild. [health.travel](https://www.health.travel)



**If you...**

## like to travel responsibly

Holidaying close to come doesn't automatically mean your break will be a sustainable one, according to Ingrid Asoni, founder of Consciously Connected Travel – but there are ways to address that. 'When we travel, we tend to take from the destination to serve our travel purposes, without really putting anything back,' she says. 'Wherever you go this summer, find a way to plant a seed – to pour back into the people and places that you are experiencing. If you are an artist, support a local art class, for example. Planting a seed doesn't have to mean giving money to a cause. It can be as simple as taking time to have a coffee with a local who hasn't had companionship in a while.' [consciouslyconnectedtravel.com](https://www.consciouslyconnectedtravel.com)





**If you...**

### crave adventure and excitement

You don't have to hop on a plane. British waters are perfect for a scuba diving holiday with the Professional Association of Diving Instructors, the world's largest diving organisation. Participants as young as 10 can take their first breath underwater. [padi.com](http://padi.com)



**If you...**

### dream of a road trip

This probably won't be the year you drive across the United States, Australia or South Africa, but you can still take to the open road and taste freedom – it's a record year for campervan rentals in the UK. 'Whether you want to hit the surf in Cornwall or journey through the remote Scottish Highlands, there's a van that's right for you,' says Justin Hales, founder of campervan and motorhome hire company Camplify. 'Motorhomes and campervans are excellent value, and allow the freedom of movement and exploration so many people desire.' [camplify.co.uk](http://camplify.co.uk)



**If you...**

### need a reunion with your bestie or partner

'There are holistic and private havens across the UK, where you can catch up and reconnect while enjoying deep rest, decent treatments and private yoga and meditation sessions,' says Caroline Sylger Jones, *Psychologies* Retreat Editor and founder of Queen of Retreats. She suggests booking somewhere with cosy indoor spaces, so you're not at the mercy of the weather, and recommends The Coach House, a wellbeing retreat in a wild setting between Raglan and Monmouth on the Welsh border. [queenofretreats.com](http://queenofretreats.com); [thecoachhouseretreat.co.uk](http://thecoachhouseretreat.co.uk)



**If you...**

### have a new post-lockdown love interest

Who needs Paris? Norfolk is the most popular county for romantic breaks in Britain, according to research by holiday lettings firm Home to Go, followed closely by Cornwall and Dorset. Book accommodation with the wow factor – luxury cliff-top lodges at Pennsylvania Castle Estate in Dorset offer a hotel experience in self-catering accommodation. You'll find locally sourced gin in the kitchen, plus a sense of seclusion with remote check-in and little contact with other people, if you prefer. [hometogo.co.uk](http://hometogo.co.uk); [thepennestate.co.uk](http://thepennestate.co.uk)



**If you...**

## love exploring

Dune bugging in Dubai might be out, but adrenaline-fuelled holidays at home are every bit as impressive. Wildnis is a travel company that specialises in luxury, tailor-made expedition breaks, with guided activities and a fully catered base camp with gourmet meals cooked by a private chef. [wildnis.co.uk](http://wildnis.co.uk)



**If you...**

## want to take your lockdown puppy with you

A massive 3.2 million UK households got a new pet during the pandemic, says Rachel Southern of Dog Friendly Destinations, and 85 per cent of dog owners would rather have a staycation than go abroad and leave their beloved pooch at home, according to research by Tails.com.

'Dog owners want to stay in holiday cottages and hotels where dogs aren't just tolerated, but truly welcomed,' says Southern. 'Think dedicated rooms for dogs with underfloor heating, specially designed doggy menus and custom-made dog tags in welcome hampers,' she says. 'Holiday properties and hotels are responding to the increasing demand for dog-friendly destinations and making an amazing effort to welcome all members of the family.'

For more good times with your pet, check out Woofstock, a festival for dogs in Devon. [dogfriendlydestinations.com](http://dogfriendlydestinations.com); [woofstockuk.co.uk](http://woofstockuk.co.uk)



**If you...**

## enjoy a little luxury

You don't need an extravagant overseas escape to curate an unforgettable post-lockdown break – just scale up the extras. 'Many UK self-catered locations offer concierge services or extensive extras, from mobile massage therapists and on-site cookery classes to hot tub hire,' says Josh Wildeman of upmarket self-catering rental provider Perfect Stays.

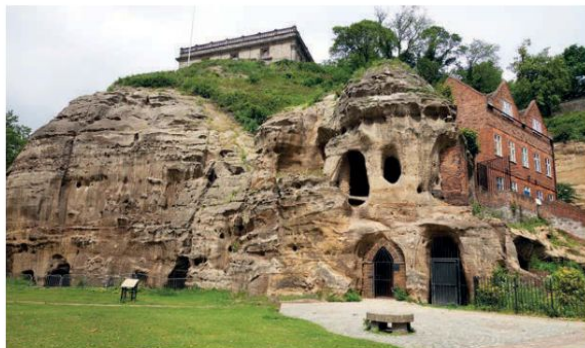
'It's unlikely that you'll have time for the same splurges when you're back to reality, so embrace the opportunities and leave with no regrets.' [perfectstays.co.uk](http://perfectstays.co.uk)



**If you...**

## yearn for an island escape

Get away from it all without going near an airport – the UK is awash with island getaways! Eileen Shona, a private isle on the west coast of Scotland, was the inspiration for JM Barrie's *Neverland*, and is home to nine beautiful rental cottages and Eileen Shona House, which sleeps 16. [eileanshona.com](http://eileanshona.com)



**If you...**

## miss the big smoke

Do you love the buzz and cultural opportunities of city life? Pick a city you've never explored and research what it has to offer. Nottingham, York, Plymouth and Cardiff have much more to entice staycationers than you might expect. Nottingham is full of heritage and history and its famous castle reopens this summer, featuring immersive experiences telling stories of Robin Hood, rebellion and creativity. [visit-nottinghamshire.co.uk](http://visit-nottinghamshire.co.uk)

## HOLIDAY GUIDE

Have you started the countdown yet? Be sure to take these tips for a standout summer staycation:

### *Make it a trip to remember*

Why not try something completely different this year? There are so many hidden gems in the UK and a range of quirky staycation options to explore – from treehouses, castles and yurts to alpaca farms.

### *Go big!*

Can't wait to spend time with family members you haven't seen for ages? If you are splitting the cost for accommodation, booking a spacious holiday home that sleeps the whole clan on a reunion could be more cost-effective than renting separate properties.

### *What if?*

With so much uncertainty around travel, booking your next holiday can feel daunting. Choose a trip with relaxed cancellation policies that offers free cancellation close to the check-in date – just in case. Advice from [vrbo.com](http://vrbo.com)

## Next steps

### *Read 'Around The Coast In 80 Days:*

*Your Guide To Britain's Best Coastal Towns, Beaches, Cliffs And Headlands'* by Peter Naldrett (Bloomsbury, £16.99) to help you plan your seaside getaway.

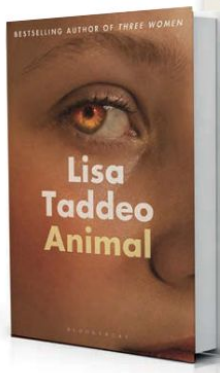
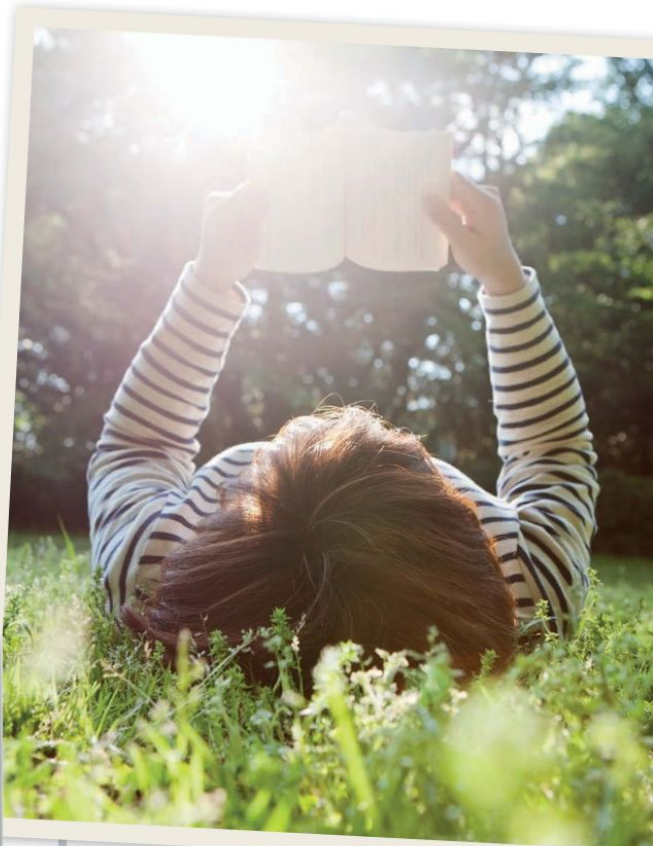
*Take the sting out of staying at home with 'Beach Too Sandy, Water Too Wet', a comedy podcast featuring dramatic readings of one-star travel reviews.* [podcasts.apple.com/us/podcast/beach-too-sandy-water-too-wet/id1446051252](https://podcasts.apple.com/us/podcast/beach-too-sandy-water-too-wet/id1446051252)

*For inspiring breaks of all types across Britain, take a look at UK Retreats on Instagram – [instagram.com/ukretreats](https://www.instagram.com/ukretreats)*



# The Words

There's nothing better than spending a balmy afternoon lost in a riveting read. Eithne Farry picks some of the funniest and most thrilling titles to add excitement to your summer break



## ANIMAL

By Lisa Taddeo  
(Bloomsbury, £16.99)

The debut novel from the bestselling author of non-fictional sensation *Three Women* is scorching, fuelled by female rage, as the lead character executes revenge for the wrongs done to her. The story begins with Joan witnessing the suicide of a spurned lover in a New York restaurant, while she's having dinner with a married man. An expert at running away, she takes to the road and recalls how she got to be the way she is in adulthood. This is a heartbreaking story of damage experienced and inflicted – and it's brilliantly written.

Joan is a complicated character, whose traumatic childhood has indelibly marked her, making her both victim and perpetrator. Propulsive, powerful and poetic, this white-hot story is ablaze with anger. A fearless and provocative book.

## DUE CREDIT

*Full of inspiring illustrations and quotes, practical tips and journalling prompts to remind you just how wonderful you are, even on those darker days, we adore this self-love journal that focuses on self-acceptance, rather than always looking at what we could do better.*



*'How To Fall in Love With Yourself: A Self-Acceptance Journal' by Anna Barnes (Summersdale, £10.99)*

## ESCAPE BETWEEN THE PAGES

Three unputdownable books with comical and complex women at their heart

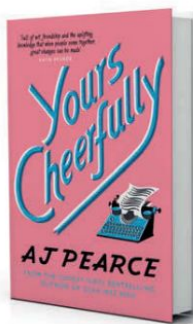


### 1 Sunset

By Jessie Cave  
(Welbeck, £12.99)

Hannah and Ruth are opposites: Ruth is smart, hardworking and in love, Hannah has a more ramshackle approach to life – but together the sisters are invincible. When something terrible happens on their summer holiday, Hannah finds herself alone and adrift. Grief-stricken and unable to cope with her memories, she takes a job in a coffee shop in an airport, where a familiar face in the crowd forces a reckoning with all that she's loved and lost.

Conversational and compelling, this funny and bittersweet story celebrates female friendship and the fundamental relationships that shape us.

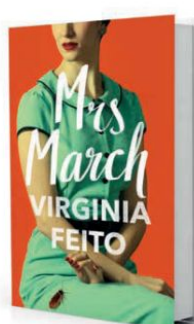


### 2 Yours Cheerfully

By A.J. Pearce  
(Pan Macmillan, 14.99)

It's 1941 in London and the Ministry of Information is desperate to recruit women for the war effort. Enlisting the help of women's magazines, the irrepressible, resourceful and overly enthusiastic Emmeline Lake, a journalist on *Women's Friend*, is determined to put on a good show, until the truth of women's lives is made apparent to her – nonexistent childcare, unsociable hours and low wages. Undaunted, Emmy fights for the rights of her sisters, while organising her own ration book wedding dress and reception.

Fizzy with hilarity and good humour, this novel is a tonic in testing times.



### 3 Mrs March

By Virginia Feito  
(HarperCollins, £14.99)

Actress Elisabeth Moss is tipped to play the unreliable, not immediately likeable heroine in the film version of this unsettling thriller. Mrs March is happily married to a famous author when a chance remark upsets everything she thought she knew about her life. Beneath her immaculate exterior lurks a seething mass of insecurities and ruinous thoughts and, as paranoia takes hold, she begins to suspect her husband of murder, gaslighting and grievously ungentlemanly conduct.

Edgy and wickedly funny, Mrs March is a wonderful exploration of the fragility of identity and fierce femininity.

“Summer, after all, is a time when wonderful things can happen to quiet people”

DEB CALETTI



# A twist on tradition

The PE teacher we'd have over for supper any day of the week, Joe Wicks, gives some familiar favourites a new lease of life with exciting, meat-free meals loaded with vitality-giving veg

## ONE-PAN COURGETTE AND ROASTED PEPPER LASAGNE

Preparation: 10 minutes; cooking: 25 minutes; serves four

- 3 tbsp olive oil
- Two small onions, finely chopped
- One celery stick, finely chopped
- One small carrot, grated
- Three courgettes, cut into 2cm cubes
- Two cloves garlic, crushed
- 400g tin chopped tomatoes
- 1 tsp mixed dried herbs
- 400g jar roasted peppers in brine, drained and thinly sliced
- Salt and pepper
- 350g fresh lasagne sheets, each cut into four smaller squares
- 2x125g balls mozzarella, one ball sliced and one ball cubed

- 30g bunch basil, leaves roughly chopped, reserving a few to garnish
- 250g ricotta cheese
- 60g Parmesan, grated

**1** Heat the oil in a shallow casserole dish or frying pan over a medium heat, add the onions, celery and carrot and cook for 5 minutes until tinged golden and soft. Add the courgettes, turn up the heat and cook for a further 5 minutes until beginning to soften and turning golden brown. Stir in the garlic and cook for a further minute until fragrant.

**2** Add the tinned tomatoes and dried herbs, then fill the empty tin with boiling water and empty it into the pan.

**3** Add the sliced peppers, season to taste with salt and pepper, reduce the heat to medium and simmer for 10 minutes.

**4** Preheat the grill to medium and stir the pasta squares, mozzarella cubes and chopped basil into the courgette and tomato mixture.

**5** Tip the ricotta cheese into a small bowl and stir in the grated Parmesan (don't break up the ricotta too much). Season with salt and pepper.

**6** Top the lasagne with the ricotta mixture and sliced mozzarella. Place under the grill and cook for 5-10 minutes until golden brown and bubbling. Remove from the grill and serve immediately, garnished with basil leaves. >>>





# INDIAN SPICED CHICKPEA BURGERS WITH CAULIFLOWER RAITA AND MANGO CHUTNEY

Preparation: 20 minutes;  
cooking: 10 minutes; serves four

- 400g tin chickpeas, drained and rinsed
- 3 tsp shop-bought curry paste (korma works well)
- Grated zest of 1 lemon
- 10g coriander, stems finely chopped and leaves roughly chopped
- Half a red onion, finely chopped
- 80g breadcrumbs
- 1 tbsp coconut oil
- For the cauliflower raita**
- 300g cauliflower
- 150g natural yoghurt
- Juice of half a lemon
- 10g mint leaves, finely chopped
- Salt and pepper

## To serve

- 4 brioche burger buns, or buns of your choice, toasted
- 4 tbsp mango chutney
- 4 lettuce leaves
- 4 tbsp shop-bought crispy onions

**1** To make the burger mixture, place the chickpeas, curry paste, lemon zest and fresh coriander in a food processor and blitz until the mixture comes together.

If you don't have a food processor, you can mash the mixture with a fork instead.

**2** Mix the breadcrumbs and red onion into the chickpea mixture and shape into four patties.

To make the raita, shave the raw cauliflower into thin slices with a mandolin or sharp knife and place

in a bowl. Mix the yoghurt, the lemon juice and mint in a bowl, season to taste with salt and pepper and fold into the cauliflower.

**3** Heat the coconut oil in a large, non-stick frying pan over a medium heat, add the burgers and cook for 3-4 minutes on each side, or until golden brown on both sides.

**4** Assemble the burgers by spreading the base of the toasted buns with mango chutney, then topping with the lettuce leaves followed by the chickpea patties. Pile the cauliflower raita on top of each burger and sprinkle with the crispy fried onions. Place the bun lids on top and squash down a little with the palm of your hand, to serve.



## MACKEREL RICE PAPER WRAPS WITH HOISIN SAUCE

Preparation: 30 minutes; no cooking required; makes 8

- 50g vermicelli rice noodles
- 8 large rice paper wrappers
- Half a cucumber, cut into matchsticks
- 4 spring onions, cut into thin strips
- 80g radishes, thinly sliced
- Small bunch coriander, leaves picked
- Small bunch mint, leaves picked
- 1 baby gem lettuce, leaves separated and cut into wide strips
- 200g sweet-cured or smoked mackerel, broken into small pieces
- 3 tbsp hoisin sauce, to serve

**1** Cook the noodles in a medium saucepan of boiling water according to the packet instructions, then plunge the noodles into cold water and drain in a sieve, shaking to remove any excess water.

**2** Gather all the prepared ingredients – you need everything in one place.

**3** Submerge one of the rice paper wrappers in a bowl of cold water (or hold a wrapper under cold, running water, making sure both sides are wet). Place the wrapper on a board close to your prepared ingredients.

**4** Place some of the noodles, prepared vegetables and a little of the mackerel towards the edge of the wrap closest to you. Don't overfill the wrapper or it will be hard to roll up.

**5** Lift the edge of the wrapper nearest to you over the filling, fold in the side and roll up tightly using your finger to keep the filling in position. Continue this process with the remaining ingredients. Serve the rice paper wraps alongside the hoisin sauce for dipping.



### *Simple and inspired everyday meals*

*Joe's Family Food: 100 Delicious, Easy Recipes To Enjoy Together* by Joe Wicks (Bluebird, £20)





# PSYCHOLOGIES *essentials*

## BECOME A WINGWAVE® COACH!

wingwave® is an effective, yet gentle coaching method which combines EMDR and Muscle testing to dissolve emotional and subconscious stress with uplifting results.

Scientifically researched at the University of Hamburg, wingwave® is a big success internationally and used by VW, Bosch and Colegate.

The technique is very new to the UK, so if you would love to make a bigger difference in your practice, now is a great time to become a wingwave® coach!

wingwave® Trainer and NLP Coach Caroline Rushforth is holding trainings during September 2021 and January 2022. Check website for further dates and info.

### FOR MORE INFORMATION

- [www.carolinerushforth.com](http://www.carolinerushforth.com)
- [caroline@carolinerushforth.com](mailto:caroline@carolinerushforth.com)
- 01273 583 987
- 07881 99 88 16



## Practical and inspiring Creative Writing Courses, Coaching and Editorial Support

Develop your skills, confidence and creativity in supportive and friendly workshops with published fiction and non-fiction author Dr Rachel Knightley.

Suitable for writers of all genres and all levels of experience. Discover the perfect space and time to take your story from work-in-progress to 'the end'!

**15% Discount: email quoting 'Psychologies'**

## Green Ink Writers' Gym

[www.greeninkwritersgym.com](http://www.greeninkwritersgym.com)

[info@greeninkwritersgym.com](mailto:info@greeninkwritersgym.com)   [@greeninkwritersgym](https://www.instagram.com/greeninkwritersgym)



## RECONNECT WITH YOUR PURPOSE

Experience a unique way of working with horses to reveal your next steps in life.

**WORKSHOPS & TRAINING  
QUALIFICATIONS**

**IFEEL METHOD™**

Open up a world of opportunities in your career and life.

**LEADERS  
IN THE FIELD**

Learn more & book at:  
[www.ifeelmethod.com](http://www.ifeelmethod.com)



### BECOME A

## One Source Personal Development Consultant

We currently require a number of individuals to join our team as Personal Development Consultants. If you have a desire to help people increase the quality of their lives, create lasting change & eliminate negative behaviours; we want to talk to you.

- Work from home
- No experience necessary
- First month completely free

This is a genuine opportunity to join a group of like minded people who all use a proven system of personal development to enrich the lives of the clients they work with.

If you would be interested in learning more about this exciting opportunity and to be considered to become part of our network, please contact us via email or phone as detailed below:

Email: [shaun@onesourceicet.com](mailto:shaun@onesourceicet.com)

Tel: 0845 338 7047

<https://www.onesourceicet.com>

TO ADVERTISE, CALL MICHELINA ON 01233 225357

# PSYCHOLOGIES *shop*

psychologies promotion

A SPECIALLY CURATED, UPLIFTING SELECTION OF PRODUCTS AND SERVICES TO IMPROVE YOUR MONTH



## Friendinabox

Show you care when you can't be there. Thoughtful gifts in a letterbox-friendly blue box with a "typewritten" letter. Ideal for birthdays, to lift a friend's spirits, or show support and compassion. Popular boxes include: Be Kind to Yourself, Pamper, Friendship Support, Sleep & Sympathy, Tea & Support, Gin & Chocolate.

• [friendinabox.co.uk](http://friendinabox.co.uk)



## Potter and Mooch

Ear Wings climbers for a single piercing due to the small wire bar that runs up the back of the lobe. Made in England on Sterling Silver, 14ct Yellow or Rose Gold wires. SWAROVSKI Elements. The perfect gift. Loved by all ages. From £22 a pair. Hypo-allergenic. Nickel-free. 01903 331744.

• [potterandmooch.co.uk](http://potterandmooch.co.uk)



## Calm and Confident

Saskia's Award Winning Calm and Confident flower essence combination is designed to help with anxiety, nervousness, panic and lack of confidence. It brings reassurance in these challenging times and is great for any situation when you feel you can't cope. Flower Essences are completely natural, safe and very effective. Price £10 + P&P.

• [saskiasfloweressences.com](http://saskiasfloweressences.com)

# HayFever? Dust or Pet Allergy?



Suitable for children, pregnant and breast-feeding women, drivers, machine operators...

Over 50 awards!



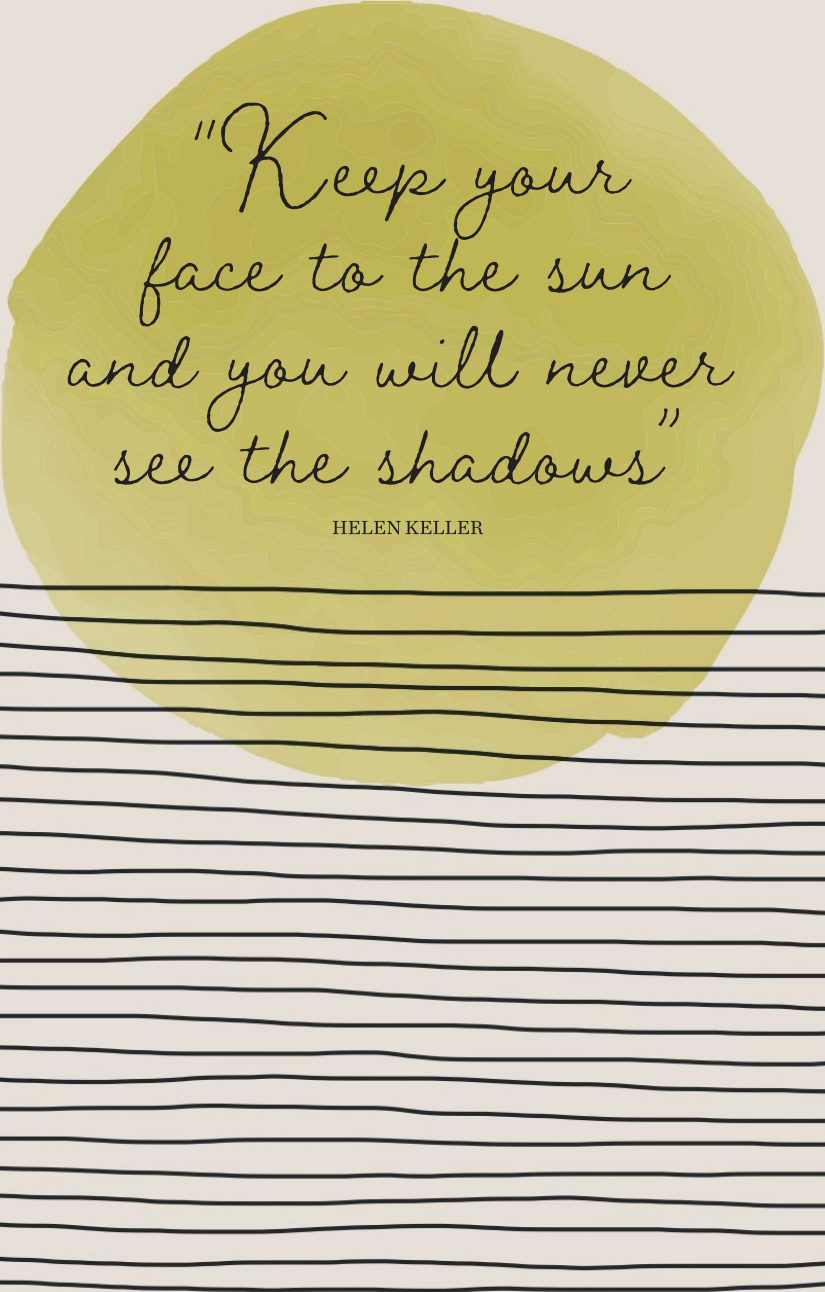
Available from Independent Health Stores, Chemists, Pharmacies and

Morrisons Holland & Barrett Superdrug ☆ BOOTH'S ALLERGEN BARRELS Ocado Boots  
www.haymax.biz 01525 406600 @haymaxbalm @haymaxofficial

**Natural, Organic Drug-Free Allergen Barrier Balms**

\*National Pollen and Aerobiology Research Unit, 2012.  
†134 of 166 respondents: Allergy UK Survey, 2015.

OR EMAIL MICHELINA@TANDEMEDIA.CO.UK



"Keep your  
face to the sun  
and you will never  
see the shadows"

HELEN KELLER





Certification mark

# OVER INDULGED? RECOVER WITH HRI MILK THISTLE

Help your body recover from over-eating and drinking which can leave you feeling unwell or with indigestion.

HRI Milk Thistle is the strongest THR tablet available in the UK and is government approved for the highest quality and safety standards. A traditional herbal medicinal product used to relieve the symptoms associated with occasional over indulgence of food and drink, such as indigestion and upset stomach. Based on traditional use only. Always read the label.



HOLLAND & BARRETT

ASDA



**MILK THISTLE<sup>TM</sup>**  
Tablets

standardised fruit extract 300mg

A traditional herbal medicinal product used to relieve the symptoms associated with occasional **over indulgence of food and drink such as indigestion and upset stomach** based on traditional use only

30 TABLETS

[HRIherbalmedicine.co.uk](http://HRIherbalmedicine.co.uk)

# SleepHalo™

The world's first wireless  
phone charger with  
radiation protection.

Visit [www.sleephalo.com](http://www.sleephalo.com)



## Charge your phone, protect against radiation.

Designed and Manufactured in the UK,  
SleepHalo™ allows users to wirelessly  
charge their mobile devices whilst  
enjoying protection from the associated  
radiation.

### How it works

SleepHalo™ is an inductive loop  
wireless charger encased within a  
beautifully designed plastic enclosure  
that incorporates Electro Magnetic Field  
shielding.

The genius of SleepHalo™ is that it allows  
the wireless device to continue to operate,  
whilst controlling the direction of radiation  
from the device.



**SleepHalo™**

£39.99

**SleepHalo™ Twin Pack**

£69.99



Follow us on Social Media for exclusive  
offers and exciting giveaways!

