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Lisa Snowdon

On health, happiness and honesty

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RETREATSTO RECONNECT WITHYOUR TRUE SELF

14-PAGE

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Contents

JULY 2021



Cover: David Venni/Chilli Media

***** ON THE COVER

Regulars

- 7 EDITOR'S LETTER
- 8 LETTERS
- 9 I'D LIKE TO THANK...
- 11 THE FIX
- 17 * HARRIET MINTER
- 98 PEMA CHÖDRÖN

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Features

18 * LISA SNOWDON

TV presenter Lisa Snowdon chats to Rachel Dobson about self-care, love, the menopause and George Clooney

22 * KNOW YOUR LIMITS

We need to set boundaries to look after ourselves emotionally, but saying no isn't easy. People pleaser Elizabeth Heathcote learns the skill

26 STUTTERING START

In her series on life lessons, 'What my mother never told me', Vee Sey writes that the trait she hated most about herself made her creative and strong

28 'I FEEL REJECTED AND OLD'

Agony aunt Mary Fenwick gives sage advice to readers with life dilemmas

30 'HELP ME FIND COURAGE'

A woman who wants a new direction works with expert Beverly Landais

32 'SHOULD I MARRY HIM?'

Coach Kim Morgan guides a reader who feels uncertain about her fiance

34 * HOW TO LIVE WITH GRIEF

Are you dealing with a bereavement? Grief coach Nikki Peterson offers advice

37 WRITE YOUR WAY WELL

Jackee Holder outlines her writing journey and tips for curative journalling



46 * The Dossier

Follow your heart & thrive

How to live intuitively

48 RECONNECT WITH YOUR POWER

Are you facing a tough decision? Are you hesitant about which path to take? So often, the answer comes from a small voice within. But how do we get in touch with our intuition – and how do we know that what we are hearing is not anxiety or fear? Anita Chaudhuri begins an introspective exploration

56 WHAT MUFFLES YOUR INNER VOICE?

Complete our insightful psychological test by psychotherapist Sally Brown to reveal what is standing between you and your guiding voice. Is it people pleasing, overwhelm, self-doubt or overthinking?

Contents

JULY 2021







34

Features

38 * BRENÉ AND DOLLY

Researcher Brené Brown's 'Kindness conversation' with her idol, singer Dolly Parton

42 IN THERAPY

Train to be a psychotherapist with insights from experts Sarah Niblock and Andy Ryan

Real Wellness

62 MINDFUL WELLNESS

Revolutionise your health holistically with Ali Roff Farrar

NO SUGARCOATING

The truth about sugar with

Nutrition Editor Eve Kalinik

*** GOOD ENOUGH TO EAT**

Ellen Tout tackles the climate crisis with inventive cooking

ECO WORRIER

Meal planning and tips for a waste-free, conscious kitchen

The Retreat

76 THE WORDS

Literary inspiration for book lovers and inquisitive minds

78 * STORY PILGRIMAGE

Mel Parks rewrites tales handed down through generations on a creative expedition in Wales

82 GROW YOURSELF

Enjoy the fruits of your labour with conscious gardener Dav Piper

84 48 HOURS

Walking enthusiast Vee Sey is enchanted by the Cami de Ronda and the city of Girona

*** CONNECT IN PEACE**

Retreat Editor Caroline Sylger Jones visits beautiful Devon

88 FEASTING

Taste the ocean with a menu inspired by sunny Cornwall

94 SOUNDS GOOD

Audible entertainment with podcast fan Rachel Dobson



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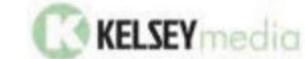
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CONTRIBUTORS

Meet three of the people who have taken part in the creation of *Psychologies*



Anita Chaudhuri

Associate Editor

Anita is a culture and lifestyle journalist who has worked for *Time Out*, *The Sunday Times Style* and *The Guardian*. As creator of the Dossier section in *Psychologies* (page 46), she enjoys getting advice from the experts and putting it into practice. In this issue, she writes about a topic close to her heart – intuition. Last year, trusting her instincts, Anita took a leap of faith and applied to art school to do a masters in documentary photography. 'It's the best thing I've ever done!' she says.

Emma Coxon

Writer and businesswoman

Writer, mother and nature lover Emma founded her blog *Little Piece Of Wonder* in 2017 as a place to share ideas about living a more creative and connected life. Her blog explores the wonder of nature and the magic that comes from learning to slow down. Emma has a passion for helping others reconnect with nature and themselves by noticing the beauty in their everyday. Find out more about her work on page 14 of this month's The Fix section.



Ellen Tout

Sustainability writer
Ellen has worked for Psychologies for five years

and, as Eco Living Editor, she has championed honest conversations around the climate crisis. 'I'm proud to have seen the magazine's dedication to sustainability grow over the years, and the feedback from readers has meant so much,' she says. Ellen's debut book, *The Complete Book Of Vegan Compleating* (Nourish, £14.99), is available to pre-order now. Read more about her passion for waste-free cooking on page 70.

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Be wise, be true

This issue, we have a bevy of brilliant women beaming out their wisdom. 'You try to help people shine a light on the darkness out there and in the dark spots of their own lives,' says Dolly Parton to Brené Brown on page 38. Honest and authentic, Lisa Snowdon discusses her wellness secrets and how she overcame domestic violence and found love (page 18), and Elizabeth Heathcote gives us a masterclass in saying no (page 22), so we can stop putting up with nonsense and negativity. We also invite you to reconnect with your inner spark. In our Dossier (page 46), Anita Chaudhuri reveals strategies to access your intuition and find a path that is true for you.

I'm also off to find a new path and I must bid you farewell. It's been a delight and a privilege to be guardian of this magical magazine for eight years, but I am handing over to a new editor, Sally Saunders, from next month. Thank you, wonderful readers, for inspiring me with your commitment to building lives you love. I am committing to a new adventure, and have sold my boat and bought a campervan. So, here's to adventure! And, like Dolly and Brené, let us commit to beaming out as much light and wisdom into the world along the way.



Suzy Walker
Editor-in-Chief

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PHOTOGRAPH: LAURA RICHARDSON

Viewpoint

Send your letters to letters@psychologies.co.uk and tell us what you love about our magazine. You could win a copy of our special edition bookazine *Find Your Calm*



Star letter

LOVE IS A TWO-WAY STREET

I was inspired by Rachel Garnett's article about caring for her late mother-in-law,

Brenda, when she had Alzheimer's disease (April issue). Rachel showed immense strength of character, not just in becoming Brenda's carer when she already had two children to look after, but for having such an open heart.

People with Alzheimer's are too often dismissed, ignored or infantilised, but Rachel took the opportunity to forge a wonderful relationship with her mother-in-law, allowing Brenda to care for her as much as she cared for Brenda. In becoming the answer to someone else's prayer, we often find the answers to our own. Sam

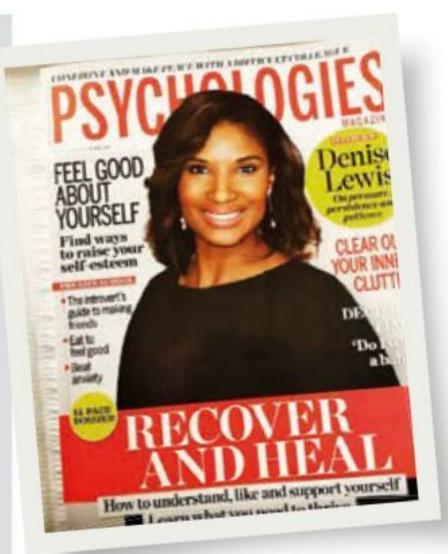
Share with us... Share your photographs and comments with us on Instagram @psychologiesmagazine, or tweet us @PsychologiesMag, both using #PsychologiesMagazine

@SilvaNeves3: Following the @UKCP_Updates podcast on sexual consent, my interview is featured in the glossy magazine @PsychologiesMag.

"The art of self-love' feature in @PsychologiesMag, I decided to start my own 100-day self-portrait challenge. I've never been good at or liked drawing but figured this might be a nice chance to see if that can change. Finding mouths the hardest at the moment!

@csmony: Loving the latest edition of @PsychologiesMag. Packed with words of wisdom eloquently written on all the pages.

@LouisaPoet: Both being kind and witnessing others' kindness is great for our mental health, explains @DrDRHamilton in @PsychologiesMag.



ABOVE
@llfebalance:
Today I hit the wall. After
a couple of late nights,
my mind and body are
in need of a recharge.
I am grabbing my
Psychologies magazine
and a herbal tea for a nice
mindful moment.

RIGHT
@veejanesey:
My take on meaningful
friendships, and why
princesses and queen
bees are best avoided
– in @psychologies
magazine May issue.



Your tribe will find you
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© LEFT @thecharischronicles:

Three things you should do today.

- Purchase a copy of @psychologiesmagazine.
- 2 Make yourself a cuppa.
- 3 Read the article by Dulcie Ball @sketchappeal. (Spring issue)
 You can thank me later!

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

A prize friend I read Vee Sey's column,

'Your tribe will find you,' in the May issue of *Psychologies* yesterday and her words resonated with me. I used to chase people and, from time to time, this 'need' comes back, but I am trying to resist it. Thank you. @szendy83, via Instagram

Wise words Vee Sey's article, 'Bedtime, neggie Nelly', in the Spring issue, spoke to me this morning. My 'neggie Nelly' comes forward and pushes away people at times. I'm trying to embrace her. Thank you for sharing your wisdom. @livinginwarsaw2020, via Instagram

Green savings I love Psychologies and have learned so much by reading Ellen Tout's 'Eco worrier' columns. My shopping has changed to benefit both myself and the planet. I aim for zero waste, but it's hard. My love of books and magazines is strong, but I pass them on. I wondered if other readers had saved money too? Amanda

PHOTO COMPETITION

THIS PICTURE WAS TAKEN during lockdown over Harperrig Reservoir in Scotland. Having lost my job, I had to move out of my home in London and found myself on a farm in the Pentland Hills. The past four months have been a journey of exploration and healing while surrounded by the rugged landscape. This photo was one of the first sunsets I captured on one of my evening walks and will forever remind me of the power of nature. Jacqui



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

Letter of gratitude

I'd like to thank...

My workmates

For the past five years, I have been fortunate to work with the most incredible bunch of wise and supportive women. At times, it's been a bumpy road and we're now all going our separate ways.

I have learned so much from you all.
You've helped me hone my skills, become a
more rounded person and gain confidence.
You've also taught me that things will
always work out in the end.

Thank you for being the first team where I felt like I truly fit in, for accepting me for me and allowing me to thrive. Thank you for giving me a chance, and for creating our own way of doing things.

I will never forget our connection, our weird little work family and my time alongside you all.

Stay in touch, Resecca

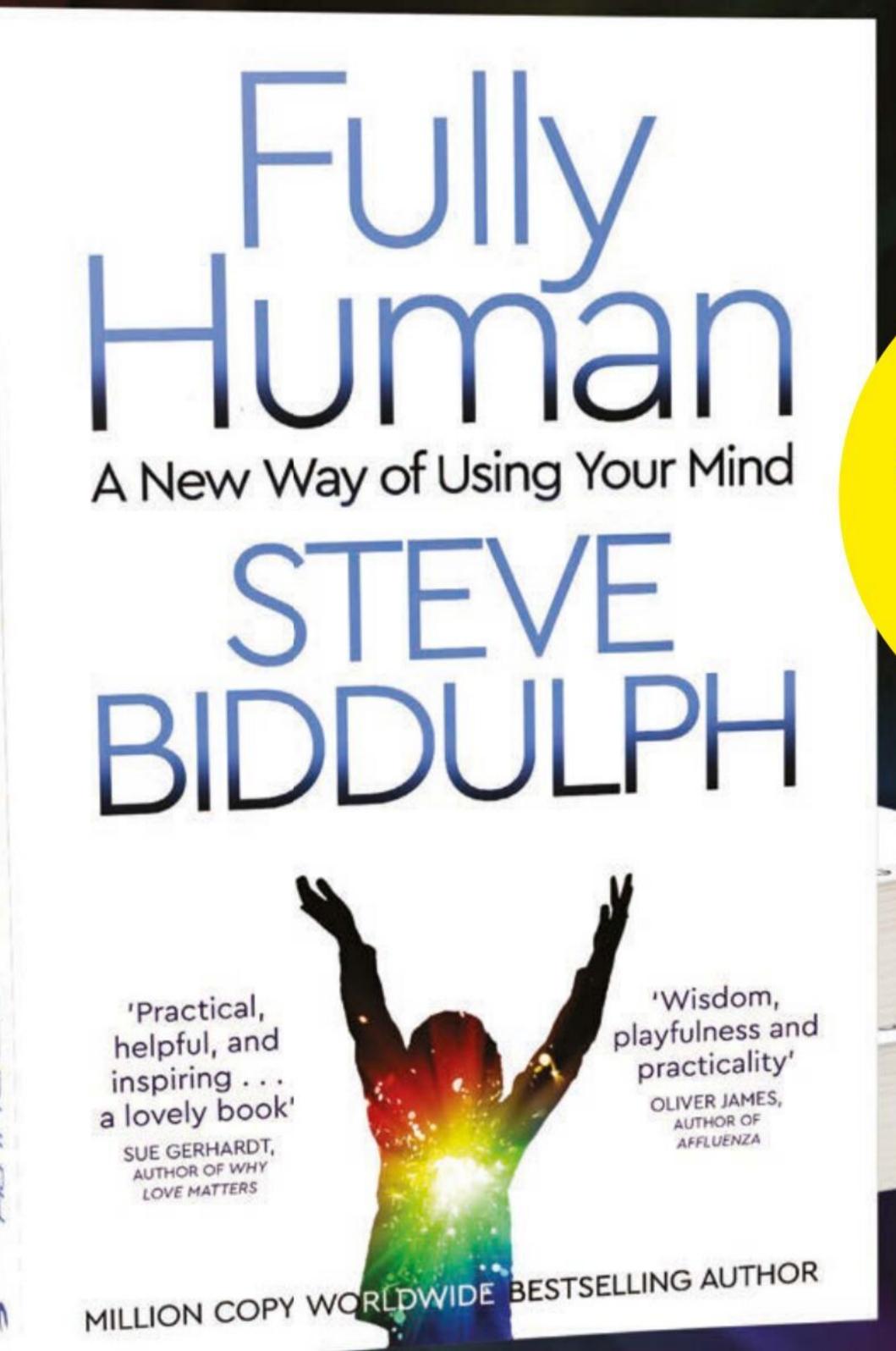


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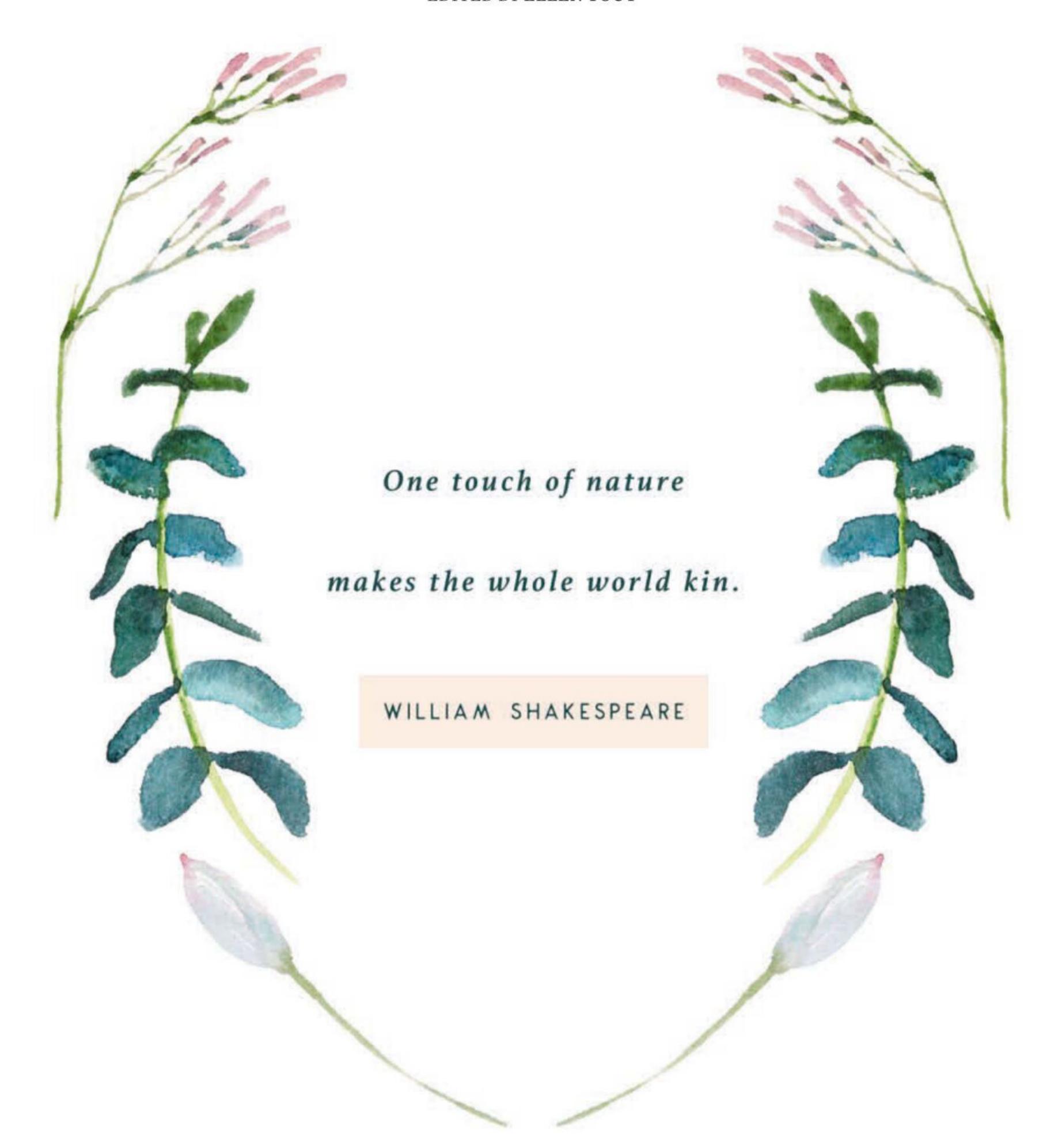
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The Hix

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EDITED BY ELLEN TOUT



A garden is truly alive when it's filled with nature. Are you dreaming of wildflowers, long to see butterflies flit across your flowerbeds or want to hear birdsong all year round? Annie Burdick's lovely book, Bring The Wild Into Your Garden, is filled with practical projects, helpful tips and beautiful illustrations (pictured) for gardens big and small, with the aim of boosting biodiversity by creating a sanctuary for an abundance of creatures.

• 'Bring The Wild Into Your Garden: Simple Tips For Creating A Wildlife Haven' by Annie Burdick (Summersdale, £12.99)

The Hix

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



Mindful self-compassion can ease symptoms of depression, explains scientist David Hamilton

A SELF-COMPASSION practice helps us understand our feelings and realise that it's OK not to be OK. Researchers from the department of applied

psychology and human development at the University of Toronto in Canada recently found that practising mindfulness together with self-compassion could significantly reduce symptoms of depression.*

Their study compared people practising mindfulness and self-compassion with those who were not. Most participants had been diagnosed with generalised anxiety disorder and depression. After four weeks of daily practice, those who employed mindfulness and self-compassion showed a significant reduction in depressive symptoms compared with those who didn't practise self-kindness. Even more reason to be good to yourself.

Join 'Psychologies' kindness tsar David Hamilton live on Facebook @Psychologiesmagazine for his free 30-day kindness challenge and monthly broadcasts – next on 15 June at 1pm. Catch up via Psychologies TV at tinyurl.com/ psykind. 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

DON'T TAKE IT AS READ

Everyone has heard the saying 'don't judge a book by its cover' – but a survey** shows that half of us choose books based on their jackets. Apparently, we're drawn to a book through 'the instant gratification of a first impression'. StoryTerrace, a service that helps people turn their life story into a book, says five million people in the UK want to write a book this year, suggesting that there's more to many of us than meets the eye, just like books! storyterrace.com



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Portraits with cattitude

CATS HAVE PLAYED a role throughout history – revered by ancient civilisations, regal and powerful animals of folklore and myth and the beloved centre of many modern homes.

The new book Queer

Icons And Their Cats by

Alison and PJ Nastasi

(Chronicle, £12.99) is a

celebration of LGBTQIA+

icons of the past and present

and their feline friends.

From images of historical legends, such as Josephine Baker, James Baldwin and Freddie Mercury, to snapshots of contemporary trailblazers, such as comedian Tig Notaro and fashion designer Jason Wu

 these charming and eccentric photographs (pictured) and accompanying stories capture what it truly means to love a cat.

The authors say: 'The animal world is not as binary as our human society's gatekeepers would have us believe. Animals don't care about human social constructs such as gender, and they don't discriminate based on sexuality. Cats, in particular, expect to be revered and adored by all humans and, in return, provide companionship, cuddles (if you're lucky), and hours of heartwarming entertainment.' Cat person or not, it's a beautiful read.

CLOCKWISE
FROM ABOVE LEFT
Drag queen Jujubee,
YouTuber and activist
Ophelia Pastrana, the
legendary singer
Dusty Springfield,
activist and writer
Jasmin Singer and
comedian Jes Tom







• 'Queer Icons And Their Cats' by Alison and PJ Nastasi (Chronicle, £12.99), is out 10 June

GREEN IDEAS



ALL OF A FLUTTER

Join me in the Big Butterfly Count, invites Eco Living Editor Ellen Tout



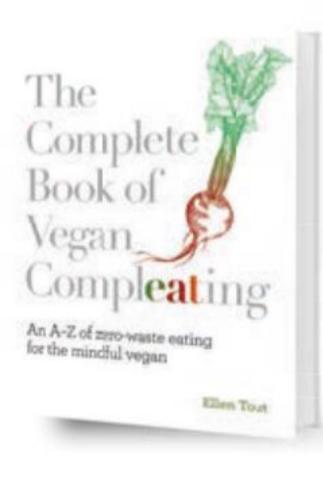


The painted lady and the common blue

AREAS RICH IN BUTTERFLIES butterflies and moths are havens for other wildlife. They are pollinators for plants and play an important role in the food chain.

The Big Butterfly Count is a nationwide survey to help assess the health of our environment. All you have to do is spend 15 mindful minutes outdoors and count the types and number of butterflies you see. To take part, register on the website, download the app, choose your day and location and submit your findings. Interactive maps mean you can see how your data contributes to the bigger picture of conservation science and research.

• The Big Butterfly Count takes place from 16 July to 8 August. See butterfly-conservation.org



Reader offer!

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

For more green living ideas,

follow Ellen on Instagram @Ellen_Tout and @compleatly_vegan; ellentout.com

PREPARE TO BE DAZZLED

When did you last experience a sense of wonder? A magnificent sunset or spring blossom on a tree? Emma Coxon's course aims to bring more awe to your world



WONDER IS DEFINED as a feeling of amazement and admiration caused by something beautiful, remarkable or unfamiliar. It is a state of deep attention that creates calm and wellbeing. Research suggests that regularly experiencing wonder lowers stress and has a positive impact on health.

Writer, blogger and nature lover Emma Coxon believes that it is possible to experience more wonder if we learn to slow down and take time to notice. Drawing upon what helps her through tough times, Emma's online course 'Little Piece of Wonder Everyday' helps us discover the wonder in our own lives, one day at a time.

• Find out more at littlepieceofwonder.co.uk/course; @little.piece.of.wonder





Emma Coxon teaches us to appreciate the beauty of nature to get through life's challenges







OF US SAY OUR
CAFFEINE INTAKE
HAS RISEN IN THE
PAST YEAR. AND
MILLENNIALS
AND GEN Z MADE
UP 46 PER CENT OF
THOSE SEEKING A
SUSTAINABLE OR
INDEPENDENT CUP
OF COFFEE OR TEA*

Film of the month

Supernova

Directed by Harry Macqueen In cinemas from 25 June

THIS IS A HEARTBREAKING love story about a couple struggling with a diagnosis of early-onset dementia. Sam (Colin Firth) and Tusker (Stanley Tucci) have spent 20 years together and are as in love as ever. But, since Tusker's diagnosis, their everyday lives and future plans have had to change. As Tusker's condition deteriorates, Sam puts his life on hold to become his partner's full-time carer and their time together becomes the most important part of their lives.

The couple embark on a road trip, visiting locations of times gone by and reconnecting with family, friends and places from their past. As their journey progresses, their individual ideas for the future begin to collide. Secrets are uncovered, private plans unravel and their love is tested.

Ultimately, the couple must confront what it means to love each another in the face of Tusker's illness. While it would have been especially meaningful and authentic to see queer actors in the roles, the story is nonetheless moving and heartfelt. **ET**

HACK INTO HAPPINESS

DREAM DIRECTION

Be a daydream believer, urges coach and happiness expert Kia Cannon – and a bright future will take shape



YOUR BRAIN PREDICTS the future by looking at the past, so all you have is evidence that your dreams have not come



Enamel pin, £7, etsy.co.uk

true – yet! Cultivating confidence in your goals requires you to override your brain's hesitancy to believe in your potential. Find evidence outside yourself that proves your dreams are possible. Make the following lists in your journal:

- People who prove that it is possible to achieve your biggest dreams (hint you possibly harbour feelings of jealousy towards them!)
- Reasons why you should be confident about achieving your dreams

Shift your focus to your list of why your dreams can come true.

Join Kia Cannons for our 'Do What You Love' video series and more happy hacks at tinyurl.com/psyhappyhack; psychologiestv.co.uk is a platform where world-class experts are interviewed about productivity, work-life balance and relationships; happyhacks.libsyn.com

Gratitude in the storm

We are hardwired to see the bleak, but we can overturn this bias and feel the rays of hope again, writes resilience champion Katie Piper



By Katie Piper

THE BENEFITS OF a gratitude practice are well known and journalling is the most popular

method. It's about giving yourself time to reflect and remain conscious of the things that you are thankful for every day. Research shows that our brains are geared towards negative thinking, but gratitude helps us tune into the positives and move away from negativity. Of course, practising gratitude is far easier when we're experiencing good times! A gratitude practice is most difficult during strenuous periods, yet these are when it is most crucial. Consider the following if you would like to begin or strengthen your practice:

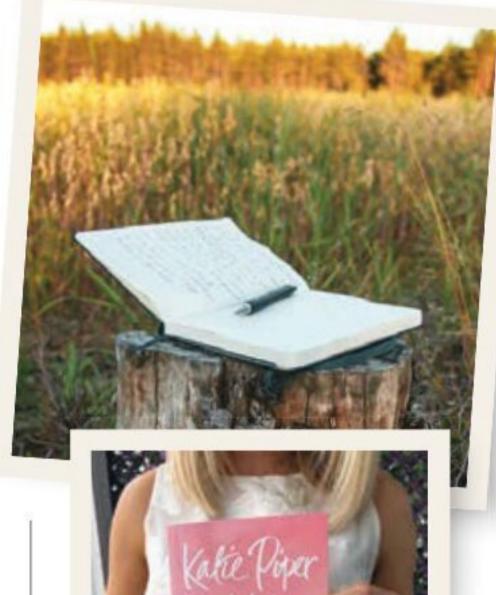
See the good in times of trouble

Think of gratitude as a way to help you deal with a crisis. Practising gratitude during the most difficult periods can be a way to help you cope and take your attention away from negatives.

Over time, turning gratitude into a habit will help you grow more resilient and gratitude has been shown to reduce stress.

1 If trying to practise gratitude during a challenging time, don't be too concerned about what you write down. It could be something as simple as the sun rising, drinking a cup of coffee that was particularly enjoyable or remembering to unload the washing machine. Nothing is too silly or small. Sometimes, the little things are the most important and uplifting, and help keep us going.

Tip: You don't have to buy a journal unless you want one. You can easily keep a gratitude list on the Notes app on your phone. Simply write down three things that you are thankful for every day – that's it. You will soon feel the benefits, I promise.





• 'Confidence: The Journal: Your Year Of Positive Thinking' by Katie Piper (Quercus, £9.99)

turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It makes sense of our past, brings peace for today, and creates a vision for tomorrow 99

MELODY BEATTIE

Go to psychologies.co.uk for more words of wisdom and strength from our monthly columnist, the indomitable Katie Piper



RECONNECT WITH YOUR INNER WISDOM

THIS MONTH, our Dossier helps you hear and trust your intuition. Our in-house coach, Nikki Peterson, poses four key questions to consider:



- When you have a hunch, how do you usually react to it?
- Can you make time to tune into your inner voice?
- What makes you happy?What is your heart telling you?
- What is your intuitive style? Do you see, hear or feel into your intuition? (More on page 55)

BY RECOGNISING and trusting your intuition, you are allowing things to come into your life that you might not have been open to before. Steve Jobs said: 'Intuition is a powerful thing – more powerful than intellect in my opinion.'

*Psychologies' team coach Nikki Peterson
hosts our live coaching hour at 3pm every Wednesday.
Join her on Facebook @Psychologiesmagazine.
Follow @nikkipeterson_and read more at
tigerbeecoaching.co.uk. See our Dossier on page 46

PHOTOGRAPH: NICK BROOKENHEIMER/UNSPLAS



Work it as a freelancer

Like anything, self-employment has its ups and downs, writes Harriet Minter, but success, freedom and happiness are within your grasp if you prepare

his month marks the five-year anniversary since I took redundancy from my staff job and became self-employed. I remember my terror as I walked out of the office for the last time and the excitement when I sold my first piece days later. There is something about working for yourself, setting your own hours and being solely responsible for your success or failure that is exhilarating. I left my job just as summer was starting, and my first few months were as blissful as the weather.

When winter came, an office where someone else paid for the central heating and my salary was guaranteed, not reliant on someone else's budget, seemed enticing. January is notoriously tough for freelancers, and it was no different for me - after masses of work, I had none. I shared my fears with a female entrepreneur I knew - what if my first months were an anomaly and the reality was more like the scarcity I was experiencing? She explained that only tinsel manufacturers make money over Christmas. Things would

get better, she assured me, and they did. Many of us have used the past year to reassess

First, you have to really love what you do. You can't feel half-hearted about it because, at some point, you're going to have a miserable day, week and possibly month. When that happens, you need to be able to remember why you wanted this life in the first place. Don't quit your job for something you think might be a bit more interesting, quit it for something you can't stop thinking about.

Wind in your sails

Second, setting up a business is tough, so have money saved and time to focus. That said, I know women who gave birth to their businesses at the same time as their babies or created incredible products while broke, moving countries or getting divorced. In an ideal world, every entrepreneur has their ducks in a row before they launch their business but, in the real world, you may have to trust your gut. Rather than waiting until all is perfect, go for the moment when it feels as if momentum is with you. Then pay attention to point three.

Look after yourself. There is no sick pay when you are

self-employed. You can't do a bad day's work and blame it on your boss. You are the backbone of your business and you need to prioritise your health and wellbeing. Rest regularly and find a tribe to support you and lift you up when things get hard.

> Finally, enjoy it. Freedom is yours and, if you can make it work, there is nothing better.

> > For weekly wisdom from Harriet, sign up for her newsletter at tinyletter.com/ harrietminter and follow her on Twitter and Instagram @harrietminter

I try to remain true to myself and be honest. I can only do me ??

Rachel Dobson speaks to TV presenter and broadcaster Lisa Snowdon about self-care, love and relationships, her guiding principles, and how she helps herself and other women nagivate the menopausal maze

PHOTOGRAPH CATHERINE HARBOUR

isa Snowdon was once famous for gracing the red carpet with the world's most eligible bachelor.

Fast-forward two decades and the model, broadcaster, presenter and all-round positive thinker will tell you that the best thing to come out of dating George Clooney was meeting her best friend, Michelle!

These days, her focus is on health,
happiness and honesty, and she radiates
positivity. Her optimism and energy are
evident in her 'Self Care Sunday' Instagram
show, where she explores wellbeing practices
to make you feel good inside and out, but her
wellness may also have something to do with
being teetotal since the beginning of the year.

After 30 years in the limelight and with her share of challenging relationships, Snowdon, 49, is engaged to entrepreneur George Smart, who she dated in her 20s. As a model and presenter, do you find it difficult to age in the public eye?

I've had days when I look in the mirror and say:
'That's it! I'm booking myself in for a facelift!'
But I'm joking. I think seeing an older woman age
gracefully is beautiful and all I want to be is the best
version of myself at any age. Everyone is an individual
and entitled to do what they want to do, but I just want
to feel comfortable enough in my own skin that I'm
OK with ageing.

You helped many people look after themselves with 'Self Care Sunday'. What is your approach to health and wellbeing?

I have a 360-degree view to looking after myself and I shared it. Some weeks, it was about skincare, other weeks it was about movement and healthy food. My health is just as important as how I look – you can't take care of one and not the other. I'm interested in the gut microbiome and ensuring that I have healthy gut bacteria, so I have a shot of Symprove as soon as I get up. You have to have it on an empty stomach and not eat or drink anything for 15 minutes afterwards. This helps with any digestive

>>>



issues, sets me up for the day and makes me feel fantastic

– my whole family is on it! After that, I drink warm water
with a slice of lemon and have a shower with body brushing
to get my lymphatic system going.

You are refreshingly honest about your health, emotions and the menopause...

Occasionally, when I've posted something, I think – is that too much? Recently, I posted a Polaroid from years ago when I was in an abusive relationship and it brought back a lot of memories. I like to use social media in that way because I think there is a danger of scrolling through platforms and feeling inadequate about your life. You can take too much at face value, when it's actually a curated version of someone's life.

Moments of realness and vulnerability build a supportive and lovely community. I love my followers.

"I wanted to highlight the anxiety and other horrible stuff that comes with the menopause, so people know they are not going crazy"

children. I feel happy with the way it all worked out and I think it's hard for a lot of women to understand that. I love my life with George, but I'm still a work in progress. He feels the same way about not being a parent. When we got back together six years ago, I mentioned it to him, and he said: 'I just want to be with you.' It was a brief conversation and

something we didn't have to think about. We were happy to have found each other again. And we love our nieces and nephews and spending time with them, so we don't feel childless.

What values have you taken from your parents, and how do you use them in your life?

I come from a family of grafters and I truly believe that you have to work hard to get by in life. It's also vital to be nice to others and respectful. In TV, I occasionally see people who don't treat others well. There's no excuse for bad manners.

You revealed that you had a black eye and a broken arm in your 20s when you were in a physically abusive relationship. What reaction did you get to this information?

People who look at me wearing pretty dresses on *This Morning* might think 'that wouldn't happen to her', but that's why it's important to be honest – it can happen to anyone. Sadly, a lot of women can relate to it and if it helps just one woman know that she's not trapped and inspires her to make changes in her life, then that's all I want to do. My online community is wonderfully supportive, nurturing and compassionate. It's all about love. I look back and feel proud to have come through it.

Tell us about having therapy when you realised you were repeating unhealthy relationships...

I went to therapy and the therapist suggested that I try CBT as well. It taught me to break patterns and notice my triggers. I think I learned how to react differently and understand more about power within relationships.

I took a year off relationships, dating, texting and flirting – any kind of contact with the opposite sex – to reconnect with myself.

You say you have made peace with not being a parent – can you elaborate?

I had always wanted to be a parent, but I was in the most unhealthy relationships, so it was never an option. I dread to think what issues I'd have given my Your mother left the family home when you were 17 years old. How is your relationship with her?

I think the relationship between mums and daughters can be tricky, but we have a great relationship. We speak daily. My younger sisters and I stayed with my father when we were younger, and I think my parents separating brought us siblings closer together.

You're posting a 'Midweek Menopause Madness' chat on your Instagram account, which is comical and informative. What inspired you to share?

I love my Wednesday chats! Being in your 40s is a confusing part of your life because doctors don't take it seriously when you're aged 42 to 45 and presenting with perimenopausal symptoms. It's good to explore the stuff that we're going through with humour, as many of us are looking for answers. I wanted to highlight the anxiety and other horrible symptoms that come with menopause so people know they're not going crazy.

Have you managed to balance your hormones, or is that still a work in progress?

You have to look after yourself as you get older and there's not a one-size-fits-all solution to feeling good. You can't go out drinking all night and you can't eat rubbish food any more. Drinking gives me the worst hangovers and disrupts my sleep. I gave up alcohol for the first half of this year and my sleep has been so much



better. I've cut down drastically on sugar and coffee and I eat mostly plant-based food. I've also added supplements, such as Symprove. I take HRT, which has alleviated my night sweats, and I practise mindfulness and meditation, which makes me feel more peaceful and centred.

Your fiance, George, is clearly a great support to you, but how important are friends in your life?

My friends are everything to me! I've got a great core group of women who I've known for many years. My best friend, Michelle, lives in Los Angeles. We met through our exes – George [Clooney] and her ex-husband knew each other. She's been my 'ride or die' for the past 21 years. Lucy is another good friend, and Zoe and Caroline are my British friends. I can call on any of them any time of the day or night and they would do anything for me. I love them!

LISA'S WELLBEING STAPLE

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Kind boundaries

Learning to set clear limits is essential for self-care, but saying no can feel uncomfortable and even brutal. Elizabeth Heathcote took a masterclass

fter a long day, I'm settling down to some telly. I check my phone and there is an email from work – there is a problem. It doesn't need resolving tonight but, now that I know about it, it's on my mind, so I tell my partner that I'll be a minute, and I email a reply. Twenty minutes later, he has wandered off and I'm wound up.

A friend asks if I can give her a lift with her shopping while her car is in the garage. My heart sinks – it will take an hour through evening traffic – but I say yes. By the time we get back, I'm frazzled.

Yes means no

Boundaries have always been an issue for me. As an introvert and HSP (highly sensitive person, or empath), I need space and quiet. I have learned to say no, but it isn't always easy. I worry about upsetting people, and I hate conflict. I also get embarrassed about not being up

for things, as though I am defective. Sometimes I say no too emphatically and quickly – I close off options, or am brusque. Other times, especially when I am tired or feel vulnerable, I say yes when I don't want to, then regret it.

'People struggle to find a healthy middle ground with boundaries,' says therapist Abby Rawlinson, who has offered to give me a masterclass in boundaries. 'Either they have none, people walk all over them and they end up resentful, or there is a brick wall with a clear message: stay away – there is no negotiation.'

She uses the analogy of a fence around a garden to explain what I should aim for: 'It marks your land, for you and other people to see, but at a height where both sides can see each other and communicate. And there is a gate that you can control so people can come in or out. High

enough to offer safety and security but also communication.'

A healthy boundary, she says, is kind and flexible but also firm and clear. With WFH, for example, it is important to set boundaries that separate the realms of work and home, and stick to them. With my evening email, a gracious response would have been, 'Thanks for emailing. I don't work after 6pm. I'll pick this up with you tomorrow.'

When it comes to boundaries, the responsibility is yours – not your overbearing parent, annoying co-worker or unruly kid

Own it

Even better would have been not checking emails after 6pm, if that is my boundary. Nancy Levin, author of the brilliant Setting Boundaries Will Set You Free (Hay House, £12.99), is clear: our boundaries are our responsibility to put in place and police. When it comes to everyday limits [not violence], she writes, 'there is no such thing as someone violating your boundaries. The responsibility is yours' – not your overbearing parent, annoying co-worker, >>>



unruly kid or demanding friend.

The emotions underpinning any struggle with boundaries are complex and need to be unravelled. Why did I check my emails and reply? Because I am worried about losing work – who isn't? Why did I agree to fetch my friend, even though I was exhausted? After all, she could have taken a taxi as I would have done in that situation. I did it because I want to be kind. I want to be a good friend and this is what friends do, right? I want her to like me and not think that I am selfish.

Separate entities

Rawlinson reminds me not to catastrophise – how likely is it really that I will lose work because I'm not permanently available? Perhaps more importantly, on the emotional side, she says, 'It is OK to disappoint people. We often feel overly responsible for other people's moods and reactions. Remind yourself – I am only responsible for myself and how other people take my boundaries is up to them.'

This is the crux of my issues with boundaries – recognising that I am responsible for me, and you are responsible for you. This feels like a radical idea – that I can do what I want and am allowed to say no. This response is classic in those who have been raised

as people pleasers, but can also be an indication that, in the past, our boundaries have not been respected.

'We often avoid boundaries because we assume the worst is going to happen,' writes Levin. 'We believe we'll start a war with the other person, that we'll lose relationships or face horrible consequences.'

She adds that, in many cases, when you set strong boundaries, people simply accept them. But not always. And fear of such encounters – when people get upset, argue with you or bully you – can be paralysing.

'People who get upset about your boundary benefit from you not having

Often, when our boundaries are pushed, we haven't been clear. With a narcissist especially, you need to be crystal clear. You can't waffle on and hope they get the idea. You have to have rules 99

one – a narcissist, for example,' says Rawlinson. 'Narcissists love people who struggle with boundaries. They will kick back and be manipulative.'

Don't be reduced

It is tough not to get tied in knots by this sort of behaviour. When I come across these people, I tend to second-guess myself, and my insecurities are invoked – shame at my needs and fear that I am selfish or in the wrong. But I realise that this is not about me, it's about the other person – these feelings are a sign that my boundaries are being breached.

'You'll know if this is happening because you will feel irritated and walked over,' she says. 'Be mindful of your feelings and energy. Go back to the garden analogy – are people taking things you don't want them to take?'

But how do you deal with these people? 'Often, when our boundaries are pushed, we haven't been totally clear,' says Rawlinson. 'With a narcissist especially, you need to be crystal clear. You can't waffle on and hope they get the idea. You have to have rules and tell them: I don't do this.'

Follow through

And if that doesn't work? 'Be firmer.
State a consequence if a boundary is not respected.' She gives an example:
'Suppose your mother pops over all the time, even though you have told her you need to work. You have to say,
"Mum, I'm not going to answer the door." She will push, manipulate and bring lunch, but you cannot back down on the consequence or you are showing her you have no boundaries.'

Levin strongly advises against over-explaining your boundaries. Her starting point is 'express no more, and no less, than the boundary you want. "No" is a complete sentence'.

'Often, we continue far beyond the word no because we feel a need to be

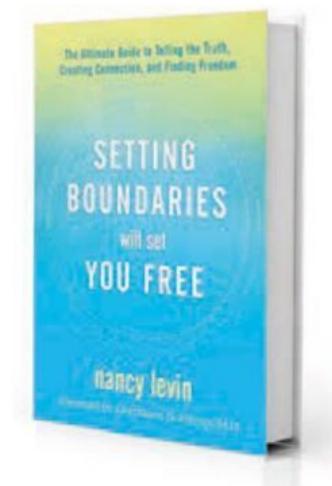
What are my boundaries?

Therapist Abby Rawlinson suggests journalling around these questions:

- What is important to me in this situation?
- What are my limits?
- How would I like things to be?
- How do I like to treat others and vice versa

 is there any difference and, if so, why?

 A good indicator that something is pushing your boundaries is when you notice that situations or people leave you feeling drained or irritated. therapywithabby.co.uk



'Setting Boundaries Will Set You Free' by Nancy Levin (Hay House, £12.99)



understood, which is actually a desire for approval. Avoid making being understood so important that it dilutes the power of your choice.

Different strokes...

Initially, I find this off-putting. I want to be kind and say no without a sting.

But there is a scale. With some people

- difficult people, for want of a better term – less is more. At the other end of the scale though, 'there is the type of person who reacts badly to boundaries because they experience them as rejection or hurt', says Rawlinson.

'With them, remember that boundaries are kind. These people often don't have good boundaries themselves so, when we use clear boundaries, we are modelling this to them.' She suggests a gentle approach. 'Say a clear no but then – "it's great that you asked, please ask again another time", as long as this is true.'

I am learning a more nuanced approach that sits comfortably with me. And, as I become more aware of my boundaries, I notice that they show up in different ways. Levin lists five: physical (your body, personal space, time and privacy); emotional

Suppose your mum pops over, even though you told her you need to work. Say, 'I'm not going to answer the door.' She will push, manipulate and bring lunch, but you cannot back down?'

(emotional needs, and those of others); energetic (picking up the energy of others, being drained by dramas); mental (around your thoughts, values and opinions); and material: 'When a friend suggests splitting the bill even though everyone else shared a bottle of wine and you weren't drinking.'

Those vibes are all yours

As an HSP, I am susceptible to energetic boundaries. I soak up the moods of others and it is depleting. How do I guard against this? 'Self-care and awareness,' says Rawlinson. 'Feel into yourself and you will see – that isn't your mood. Breathe. Ask: "Why do I feel responsible for their mood?"

I find it useful to visualise a boundary around myself, and one around the other person, so I can see that we are separate. It helps me observe their mood without letting their energy penetrate me. It also works when I try to work out my response to a request; 'that is what they want, but what about me?'

Rawlinson recommends taking time before responding. 'It is fine to say "let me get back to you". Then ask yourself "what do I want?". It doesn't matter if you think it sounds stupid – whatever is happening for you, that is OK.'

You can find another way

She would never have believed it, but stuttering, the curse that blighted Vee Sey's formative years and drew her inward, became an ally that developed her inventiveness, tenacity and courage



THERE IS AN UNRELENTING pressure behind my sternum and my face is hot and tight. My raggedy fingernails dent my palms

as, filled with shame, embarrassment and rage, I am struck mute. My teacher has asked me to read aloud from *The Getting Of Wisdom* and I can't do it. I flee the classroom, take a train into the city and wander around the botanical gardens until I know the school bell has rung and I can go home. I get As in every subject, but don't ask me to speak. My name is Vee and I am a stutterer.

Every sour has its sweet

This misfortune has shaped my experience of myself and the world. The self-consciousness of being unable to express myself as my brain dictates – agilely and confidently, with a witty introduction and a sterling sign-off – caused me to rebel in the wildest way and put paid to my girlish dream of being an actor. It ended my flirtation with high-profile jobs that might have involved making presentations. It also made me care about the pain of others who felt muzzled, overlooked and misunderstood.

I do not tell you this so you can feel sorry for me, I tell you this because I want you to know that the trait I hated most about myself was always working with me to develop my compassion, creativity, resilience and resourcefulness – and I would not trade it for all

the elegant glibness in the world.

While my teenage mind was railing against my unfair disadvantage, my vocabulary grew as I learned alternative words that were easier to say. My vulnerability sprouted determination and drive. I became introspective and more sensitive, and I fell in love with reading and writing – letters, essays, articles, features, columns, meandering chapters over and over of my first draft. My greatest flaw gave rise to my passion. I say my own words, I don't recite another's script. I would never have discovered my authentic self had I been able to communicate verbally without painstaking, mind-expanding thought.

Alongside inner turmoil, my emotional intelligence and courage blossomed. I had to find different ways to do the things that came easily to others. I left school in a last-straw act of exhaustion that was labelled disobedience. 'We would have expelled you anyway!' the head teacher declared. My parents threatened reformatory, but I finished my education through correspondence. I found another way.

At the age of 18, I wrote my way into my first job as a reporter by sending poems to the editor of the local paper. 'You really want to write,' he said, wide-eyed. Those words I could not say began to flow onto any page that would host them. My stutter turned me into a writer and an empath. That ball and chain was liberation. That weakness I despised strengthened my character and gave rise to my power. @VeeJaneSey

OSIE GILBERT; SHUTTERSTOCK



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

I'm struggling to find work and worry that it's because I'm older?

I lost my job as an admin manager when my firm closed last autumn and, despite applying for dozens of roles, I haven't found anything new. I know this is a difficult time when it comes to work, but I am getting paranoid that it's because I am a mature woman in my 50s.

What if this is it for me, in terms of interesting, well-paid work?

I have more than a decade before I can think about retirement

– I need to earn and save but, even more than that, I need to feel competent and useful again. What can I do? Name supplied

Close your laptop and start meeting friends and former colleagues for coffee – because research says we are five times more likely to find work through our network than via recruitment. If you wait for a job advert, you're behind the curve.

Think about it from the point of view of an employer – their office manager has left, and the place is in chaos: the last thing they want is the overwhelm of hundreds of applicants. Instead, they'll ask people they know: 'Do you know anyone who's experienced enough to walk in and sort this out for me?' Your job is to be front of mind for anyone who can connect you with people like that.

I talked to Lisa Unwin, author of She's Back (Urbane, £9.99), a guide for women returning to work. I know that's not your specific circumstance, but it may help to think of this as a short career break. Unwin has also co-founded a business called Inclusivity, which matches women returners to opportunities in law, insurance, technology and finance.

She points out that it's useful to work out the main themes that make work interesting for you. It's different to say, 'I love feeling part of a small family team', to 'I thrive on crunching numbers for tight deadlines'.

In a sense, this is creating the story that you want other people to hold in their mind about you. Another

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

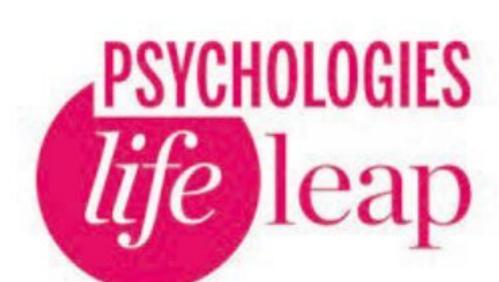
GOT A QUESTION FOR MARY?
Email mary@psychologies.co.uk, with 'MARY' in the subject line.

FOR MORE about Mary's work in leadership and team coaching, her Writing Back to Happiness programme and free resources, go to maryfenwick.com

researcher, Herminia Ibarra, says
that telling your story out loud to
different people will help clarify your
own thinking. Ibarra highlights that
it can be useful to reach out to
'dormant ties'; perhaps people you
knew in past jobs, but have lost touch
with. When people reconnect, there's
still trust and shared perspective,
but they will have information
and advice that's new to you.

This is a great age for reinvention: your choices are not restricted by a young family, and you know how satisfying it can be to throw yourself into work. As the slogan of Noon, an organisation for women in midlife, says, 'There's so much more to come'. inclusivity.co.uk; noon.org.uk

PHOTOGRAPH: VICTORIA BIRKINSHAW



"My motivation to lead a healthy life is at an all-time low"

During this past year, I have lost my lifelong good health habits. I used to swim regularly, which stopped with Covid. I used to meditate and do yoga most days at home but, somehow, these routines have fallen away and I can't summon the will to start again.

I now spend hours achieving nothing at all. What can I do to change this? Name supplied

We all struggled to keep up our old routines when we lost the framework that kept us on track, so the first thing is to stop telling yourself that this is somehow a failure of willpower.

I love this quote from James Clear's

book, Atomic Habits (Cornerstone, £16.99): 'Environment is the invisible hand that shapes human behaviour.' I also really like his four rules for behaviour change: make it obvious, make it attractive, make it easy and make it satisfying. He uses the word atomic to remind us that tiny things are the building blocks for everything else.

For instance, to rediscover your yoga, you could create an obvious environmental cue, such as laying out your yoga mat before you go to bed. To make it attractive, you might ask a friend to either practise with you, or praise you afterwards. To make it easy, try just two minutes to start with, perhaps lying on the mat in relaxation

- in other words, establish the habit before you try to improve it. The satisfaction might be that you have your first coffee of the day afterwards, or create your own visual star chart.

It might also be that you start from the other end, by removing some of the temptation to do whatever is filling that nothing time (I suspect that it's a screen of some sort). I find it powerful to set a kitchen timer and say to myself: 'I'm going to do X for 20 minutes now' – in all honesty, it's how I get myself to write!

You are a person who loves swimming, yoga and meditation, and a global pandemic has not fundamentally changed that about you.

jamesclear.com/atomic-habits

"Where are my so-called friends when I need them most?"

I try to be a good friend and my friends tell me they appreciate the way I listen to their problems. When I know there is something wrong, I will check in and see how they are, drop off flowers and so on. My problem is that when it is my 'turn', I feel this care is not reciprocated.

I suffered a big disappointment recently, and I needed people to talk to, but it felt as if many of my friends just evaporated. I am hurt and angry about it. What can I do to feel better? Name supplied

I wonder what might change if you placed a higher priority on being a good friend to yourself. Perhaps you won't drop off flowers for others, because you need to

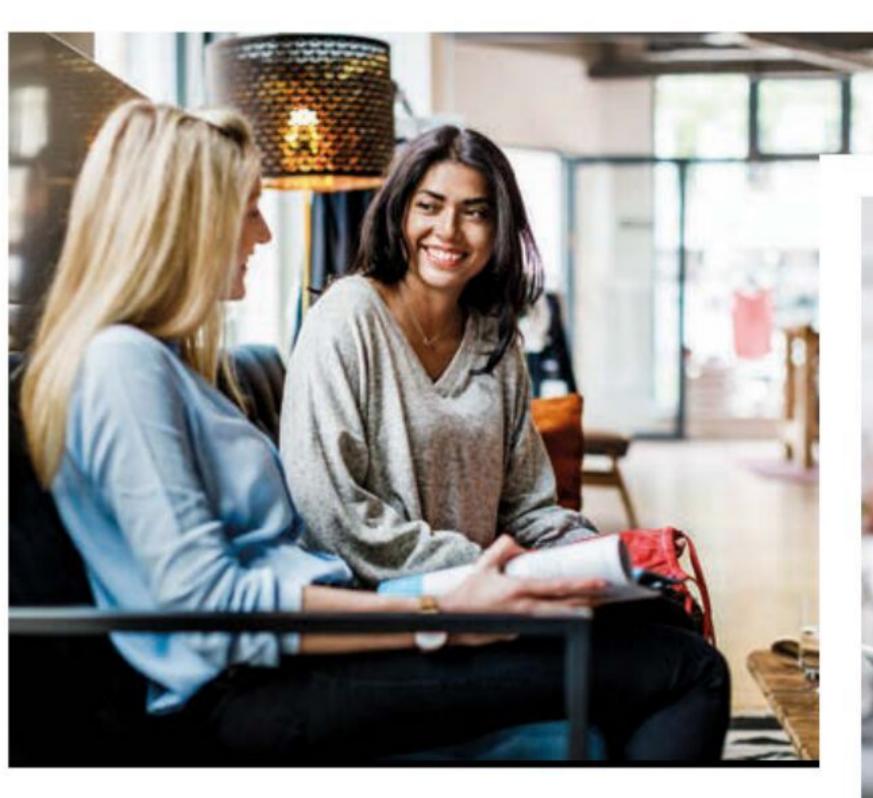
rest; or could you phone a friend and say: 'I feel hurt and I want to talk. Is now a good time to do that with you?'

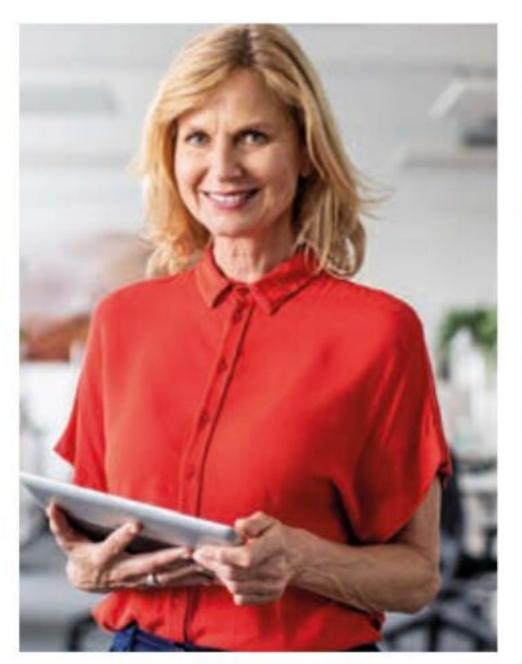
The hidden danger of being a helper is getting stuck in the role of 'the strong one' or the person with all the answers. I know this even in my writing here: other people's problems can feel simpler to solve than our own. We all have a need to be vulnerable, or unreasonable, or to admit that we just don't know where to start. If you are not used to asking for help, it can feel difficult to open that door, or particularly crushing to feel that it's been slammed in your face.

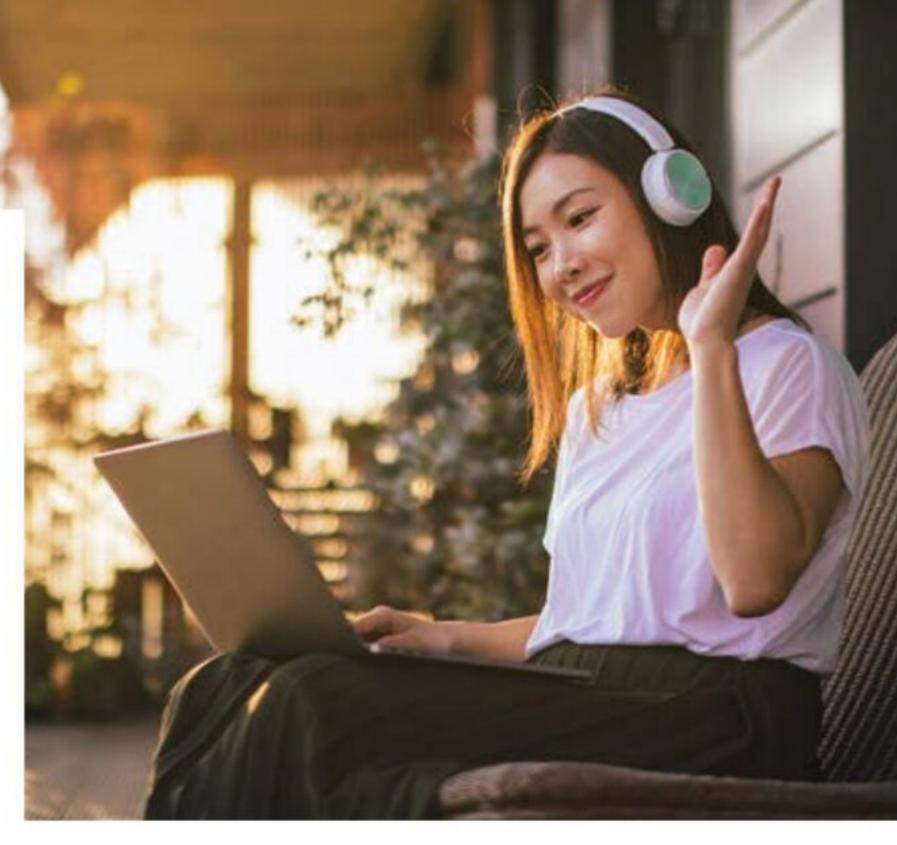
Perhaps you could start by telling one person exactly what you've told me. It doesn't have to be an accusation that this person has let you down, but more along the lines of 'I had this experience; have you ever had it? What did you do? What do you think I should do next time?' You don't have to take the advice, but the simple act of saying these words out loud will open up new possibilities for better understanding.

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. View video content with Mary at psychologies.co.uk







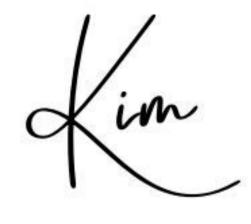
Reinvent your life as a coach and embrace the future

Do you feel inspired to make a fresh start? Whether you face a change that has been made for you, such as redundancy, or want a challenge, training to be a coach could be the exciting adventure and career shift that you need. 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 Morgan MCC, CEO Barefoot Coaching Ltd

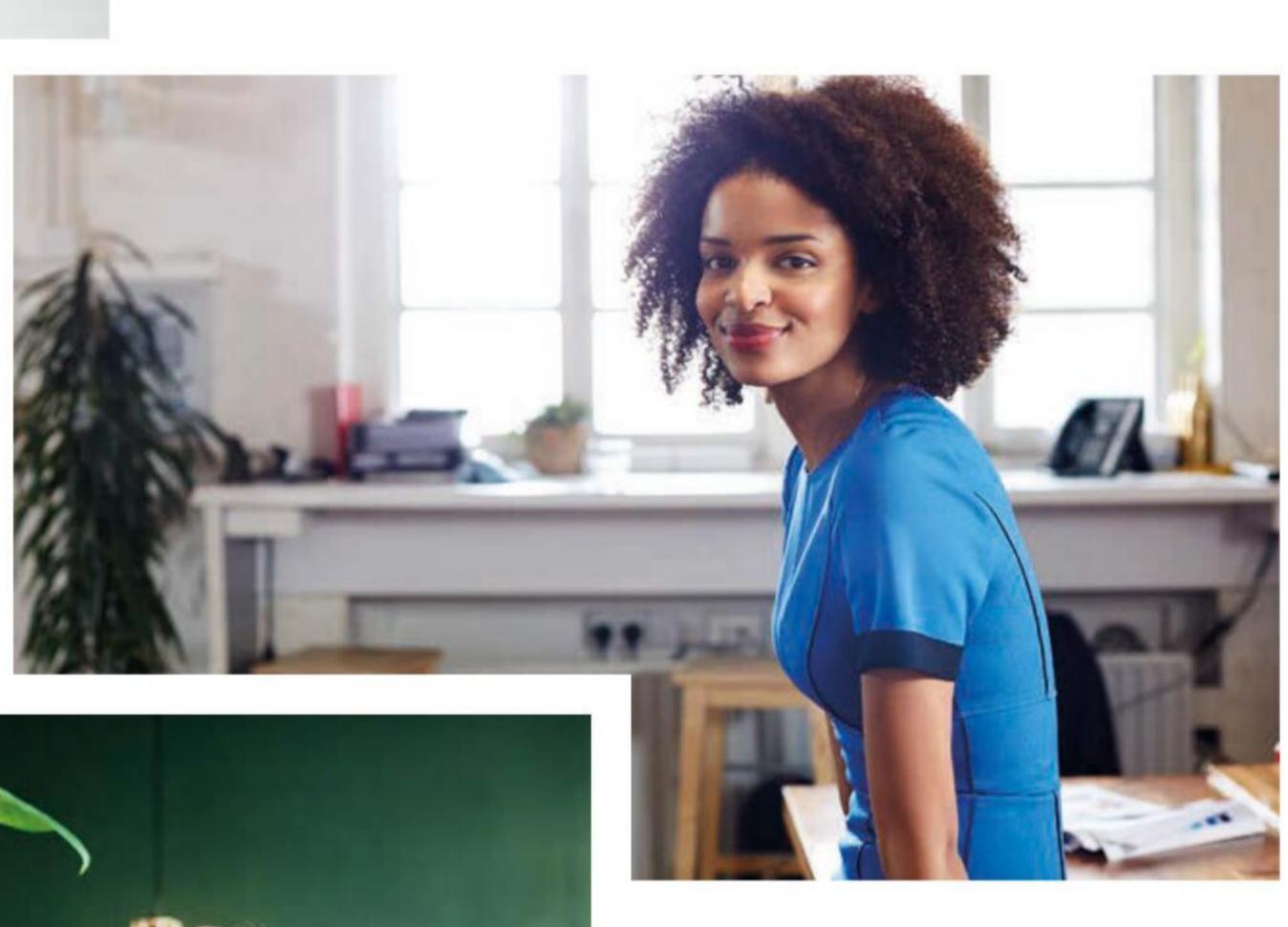
HOW COACHING CHANGED MY LIFE

Julie*hired Barefoot-trained coach Beverly Landais when she reached a crossroads in her life. After many years in demanding healthcare management roles, Julie sought changes that would improve her life and give her a clear sense of purpose and a fresh direction for the future.

Coaching helped me examine what I wanted from life but, like the lion in The Wizard Of Oz, I just needed the courage to act. Beverly helped me find that bravery. We uncovered my strengths and considered my blind spots and 'weaknesses'. This exercise enabled me to focus on what I could do to change my work situation.

Throughout my coaching,
Beverly reminded me of the
importance of a healthy work-life
balance, and that I deserved the same
care and attention I give to others. She
encouraged me to listen to my inner
voice when deciding what is right for me.

• The coaching process motivated me to deal with issues that I had put on hold for years and helped me make important decisions about my future. Coaching opened my eyes to the importance of not waiting for the 'best time' to make a change - there may never be a best time! I also realised the importance of making time to relax, enjoy outside interests and spend precious moments with loved ones. Crucially, I learned that when making important decisions, I must consider my own needs on a par with those of others. Since my coaching, I feel empowered, and life is evolving all the time. beverlylandais.co.uk





Coachingopened my eyes to the importance of not waiting for the best time' for change. There may never be a best time ??

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 ACTPaccredited 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

VISIT Barefootcoaching.co.uk/: taster-mornings

How I became a Barefoot coach

Three top coaches share why they decided to train:



Beverly Landais I come to coaching from

a senior business background, including

board level. My last role combined in-house coach and marketing director. In 2015, I gained a PG Certificate in **Business and Personal Coaching,** became an ICF-accredited coach and set up my practice in 2016. One significant challenge to people feeling fulfilled and happy is the idea of choice. I coach people to consider their options and make choices that enable them to pursue an enriched life.



Jayne Everson I've had a lifelong

interest in preventive medicine and the link

between stress and health. After having my family and a busy career, I retrained as a coach and started an MSc in nutrition. Coaching is transformational, and key to unlocking what turns our stress from healthy into unhealthy. It is at the heart of building a toolkit to increase resilience and improve and maintain health and wellbeing. I trained with Barefoot Coaching and finished an MA in coaching and mentoring.



Michelle Tranter

Professional development became a passion when I moved

into leadership training and human resources consultancy roles while working for a bank. Most people want to do well at work, but may not get the support to do so. I became a sounding board and mentor to staff, which was rewarding. Disillusioned with corporate politics, I left and studied a formal coaching qualification. Scary and uncertain times, yes - but, 11 years later, I wouldn't change a thing.



"I can't imagine married life with my selfish boyfriend"

Our award-winning coach, **Kim Morgan**, mentors a woman who feels invisible in her relationship – and doesn't know what she wants

ILLUSTRATION ANDREA DE SANTIS

The st few ssions

"I don't even know whether I like him, let alone want to be his wife!"

got to the real reason that she wanted coaching. In the first session, she said: 'I only want to set some goals and experience coaching. Everything is fine in my life – I just want it to be better.'

I wasn't convinced, but knew that Lily probably needed to feel safe with me before we got to the nub of the issue. Then, right at the end of the second session, she said something that seemed significant. In coaching, we call this the 'door-handle moment'. This is one of the reasons coaches should never stop listening to and watching their clients, from the very beginning to the very end. Sometimes, clients blurt out something difficult when it is safe to do so – as they are about to leave. Lily said: 'I feel as if you see

me... I'm not used to that.' Then she went home.

The next time I saw Lily, I asked her about being seen and when she feels unseen. She squirmed a bit. 'Well, with my boyfriend... and his big, close family. They are all so confident and have in-jokes and I just feel invisible and insignificant when I am with them. They are so powerful.'

'What about when you are with your boyfriend on your own?' I asked. 'Do you feel seen by him then?'

Lily started to cry. 'Firstly, he is always with his family. But, no, I don't really feel seen by him. I think he likes listening to himself and he likes me listening to him!'

There was another door-handle moment. 'We are due to get married. I can't imagine what it will be like, but I've got to go ahead with it,' she said. And then she was gone again.

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

The next session

Honour your feelings

Lily had been doing a lot of thinking since our last session. The never said those things about my

boyfriend and his family before but I've realised it's what I really think and feel. I don't allow myself to acknowledge my own feelings. I think I am being unreasonable and that I should just let people be who they are. I never put myself or my needs first.'

I asked Lily if she identified with any of the following: avoidance of conflict, fear of upsetting people, feeling as if you don't need anything, not experiencing anger, explaining away other people's behaviour, feeling guilty, feeling responsible, not knowing what you want, thinking that saying no means not being nice, never giving up or letting people down – to the point of exhaustion.

'Can you read my mind?' Lily replied. 'Every one of those statements is true of me.'

Growing up, Lily's parents had encouraged her to put others before herself, that anger was bad, and to see the best in everyone.

'It hasn't worked out well for me. I'm engaged to someone who doesn't care about me and I am on the verge of spending the rest of my life with someone I don't even know if I like!'

Lily stopped and stared at me in shock, then exclaimed: 'Oh my goodness, I have just said it out loud. I don't know if I like him and I certainly don't like his loud, aggressive family!'

To grow in confidence, you need to discover your self-worth... The first step is identifying your needs ""

Final session

Reclaim self-esteem

The final straw for Lily was when she persuaded her boyfriend to attend couples counselling with

her. They had to do homework together that involved demonstrating how much they knew about each other, such as the name of their best friend, their favourite flavour of ice cream and where they were born. Lily knew everything about her boyfriend, and he couldn't answer one question about her.

Lily and I had many more sessions before she eventually left her boyfriend. It took her a lot of work and courage to develop a sense of entitlement, and to identify what mattered to her and what she deserved. She learned to set boundaries for herself and to stop over-explaining herself to others.

This work wasn't just about ending the relationship with her boyfriend, it was about ending the relationship she'd had with herself and starting a new one with self-worth and self-respect.

For more, see barefootcoaching.co.uk or follow @BarefootCoaches on Twitter

Coaching exercises

Use these tools to balance the personalities in your life and find the support you need to thrive

PEOPLE IN YOUR LIFE

Do an audit of the people in your life. Is there more of one type of person than any other? What might that say about you, and about your self-respect and self-worth?

List the names of people in your life under each of the headings. You may find that some people sit under more than one heading. What changes do you need to make to ensure that you have people who give you a healthy mix of support and challenge, and who want the best for you?

- Radiators. People who give you comfort, are on your side and boost your confidence.
- Drains. People who sap your confidence.
- Role models. People you admire and who have achieved what you want to achieve.
- People who can help you. People who have information that may help you achieve your goals. Think about your network of contacts.
- No-nonsense 'kick in the pants' people. Those who tell it like it is and give you a push when needed.
- People who you help. The ones who look to you for guidance, help, advice or comfort.
- Blockers. People who stand in your way and don't want you to succeed.

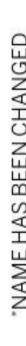
R.E.S.P.E.C.T

In order to grow in confidence and live the life you want, you need to discover your self-worth. The first step in this process is identifying and respecting your needs, and it may mean putting yourself and your needs first, for once!

Buy yourself a journal, which will be a place where you can learn more about yourself. Write this index of chapter headings:

- What are my strengths?
- What do I want in my life?
- What behaviour in others is unacceptable to me?
- What do I need to feel confident, worthy and lovable?
- How could I protect myself?
- If I listen to my feelings, what do they tell me?
- If I listen to my intuition, what does it say?
- What are my dreams and how can I honour them?
- What 'shortcomings' can I embrace in myself?
 Write in your journal every day. You can dip in and out of the chapter headings, adding more thoughts as they occur to you.

The key to improving self-respect is to treat yourself with the kindness, respect and forgiveness you show to others.







HOW TO...

Live with grief

How do you function when you're bereaved? Grief coach Nikki Peterson helps you create strategies to cope

THE WORLD CARRIES ON as normal but inside you feel nothing but pain – a gaping hole in your heart. Continuing to function while grieving is difficult and adjusting to loss can be tough. Grief is unique for everyone and takes time. It is important to recognise grief because it is only by going through the pain of the grieving process that you can manage your loss, face its reality and find a way to live with it. The following methods can help you cope with grief:

JOURNALLING ABOUT how you feel offers a safe space to express your thoughts and feelings without judgment. Writing about your loss and how you feel will be painful, but allow yourself to experience difficult feelings because that will help you navigate your way through grief. There is no wrong way to journal.

MOVE YOUR BODY because grief can get stuck within you. Even a few gentle stretches can help. Listen to your body.

GET CREATIVE – cook, draw, paint, make pottery or play music. Allow your emotions to be expressed this way.

STAY CONNECTED WITH PEOPLE who support you. Try not to grieve on your own. Seek out the people who

listen to you without judgment. Limit contact with anyone or anything that does not help you – unsupportive friends and family members and social media and news, for example.

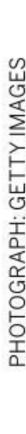
APPLY SELF-COMPASSION. Take time to give yourself comfort. The stress of a major loss can deplete your energy and emotional reserves.

WHEN A PERSON DIES, they have gone but the relationship you had with them will never die. If you can find a way to continue your relationship in some way, it can reduce negative emotions and increase positive ones. For some, it's wearing an item of clothing or a piece of jewellery that belonged to the person who is gone. You could visit a place you used to go together, do something you used to do together, go to their favourite place, cook their favourite meal or visit their grave or where their ashes have been scattered to honour the person. If any of those feels like too much right now, listing a few ideas for the future may help.

KNOW THAT YOU WILL move forward and be able to smile and laugh again.

Nikki Peterson runs group and individual grief coaching sessions; tigerbeecoaching.co.uk

LUSTRATION: GETTY IMAGES





Join Ollie's army

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

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

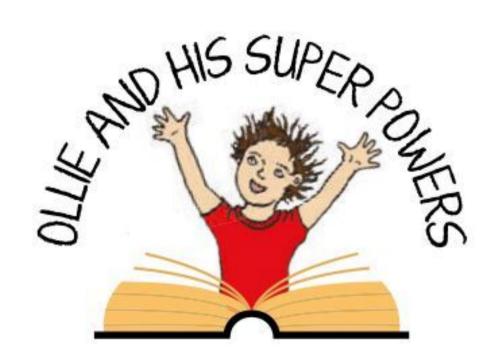
getting you with the programme.

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



Get in touch

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



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

) BY ELLEN TOUT, PHOTOGRAPH: LAURA RICHARDSON

Pleased to meet you

What meaning is attached to your name or alias, and would you change it? Author and coach Jackee Holder probes deeper

IN A SCENE FROM THE FILM *Concrete Cowboy*, son Cole, racked with raging emotions, calls out his father, Harp, for not loving him as he needs to be loved. This is fuelled by how Cole sees his father care for and affirm other young men in his work as an urban black cowboy.

Harp, played by Idris Elba, responds by playing a jazz track by John Coltrane on the turntable. As the music plays in the background, Cole learns how and why he was named after Coltrane. The scene ends amid intense, unspoken feelings and emotions between the two, with the line: 'He was the greatest man I ever knew who did it without a father.'

Make a name for yourself

Our identities, our life narratives, who we think and feel ourselves to be can be so wrapped up in the origins of our name. The positive origin of his name is unknown to Cole. Had I been on that film set, I would have shouted, 'Cut!', squeezed in between father and son on the sofa, handed them both empty notebooks and instructed them to write down their thoughts and feelings in an attempt to re-author their stories of past and present. The scene tenderly captures the essence of writer Erica Jong's quote (right).

Harp's storytelling provides a pivotal moment for re-authoring, a journalling practice well used in what is known as narrative therapy. This is confirmed by studies that illustrate that when men write about their feelings and emotions, it actually has a far greater emotional impact than it does for women.

Start with what your name means to you. Do you love your name or loathe it? How has your name carried you through the world? For better or worse? What name is a truer reflection of who you are at this time in your life? Is your name a true reflection of the person you are, or want to be?

Jackee is a writer, coach and creative; jackeeholder.com; @jackeeholderinspires



66 A name should be a magical invocation to the muse. A name should be a self-blessing?

ERICA JONG



Poetic licenceTry these journal prompts – enjoy the

fun answers - from

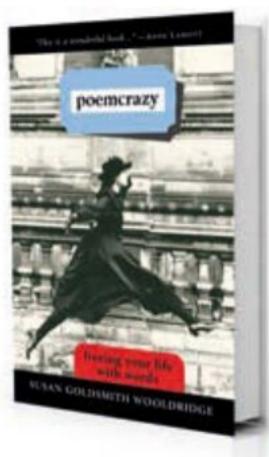
Poemcrazy by Susan Wooldridge Goldsmith for inspiration:

- My real name is...
 Staying Power
- Yesterday, my name was... Walking Wild Woman
- Today, my name is... Hydrated Hydrangea
- Tomorrow, my name will be... She Who Walks Her Path
- Secretly, I know my name is...
 All Is Well
- My name once was...
 Tree

Identifying the variations of names can help you walk your talk in vivid and sensory detail. *Poemcrazy* is a collection of meditations and strategies to help you unlock a wealth of approaches to poetry.



ABOVE Give your creative self permission to be vulnerable. Brené Brown quote print, £11, etsy.com



● 'Poemcrazy: Freeing Your Life With Words' by Susan Wooldridge Goldsmith (Crown Publishing Group, £6.51)



You have to be open, you can't just shut those doors; that's not how you're going to serve humanity in the best way 99

Researcher and author Brené Brown considers humanitarian and singer Dolly Parton a hero and a source of inspiration. The kindred spirits compare notes on vulnerability, leadership and love

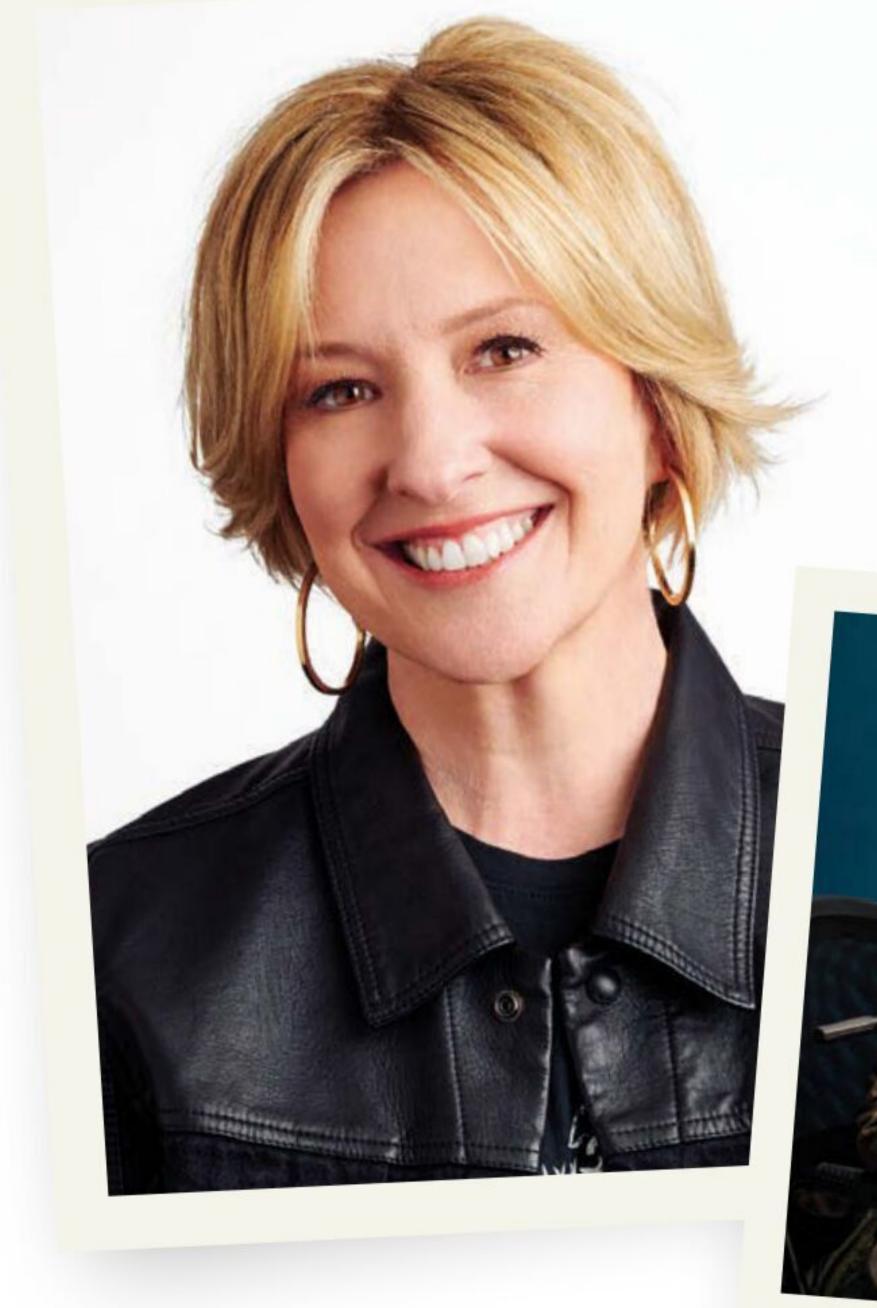
PHOTOGRAPHS FRAN STRINE; KARA TRAIL; RANDAL FORD

Parton: 'From her songs, "Coat Of Many Colors" to working "9 To 5", no dream is too big and no mountain too high for the country girl who turned the world into her stage, and me into... I don't know! She changed my life, she really did.'

Brown's admiration of her idol shows no sign of abating. I woke up this morning and had a coffee in a cup that reads "A cup of ambition" [a "9 To 5" lyric]

and I'm looking across the room at a 5ft 4in framed photo [of Dolly, naturally].'

We love and respect both these incredible women at 'Psychologies', so we were thrilled when they agreed to us sharing this interview, which appears on Brown's Spotify Original 'Unlocking Us' podcast.





BB: Your new book
Songteller: My Life In Lyrics
- oh God, this book! Here's
something you write in there: 'As a
songwriter and as a person, I have
to leave myself wide open. I suffer
a lot because I am open so much.
I hurt a lot and, when I hurt, I hurt
all over because I cannot harden
my heart to protect myself.
I always say that I strengthen the
muscles around my heart, but
I can't harden it.'

A DP: Well, that's exactly how I feel as a human being and as a writer. I feel I have to feel for everybody, and I'm sure you're the same way. You have to allow yourself to be open and you can't just shut those doors because you want to – and maybe you would prefer to – but that's not how you're going to become a good-quality human being who's going to be able to serve humanity in the best ways you can.

BB: Has there been a price to keeping your heart open?

DP: Oh, yeah. When you hurt, you hurt all over. I'm just the kind of person who, rather than lashing out at something that hurts me, I usually cry about it and pray about it. I don't often lose my temper, but I often have to use it, being protective of my business or my family or whatever is important to me. I know

Wisdom... If you don't believe in something bigger than you, then you become your own god and you're in a big mess ⁹⁹

"I know how to speak up. I know how to stand sturdy. That doesn't mean I'm hardening my heart or that I'm a bitch... You have to speak your truth"

how to speak up. I know how to stand sturdy. That doesn't mean I'm hardening my heart or that I'm a bitch of any kind. Sometimes people would say that I am [but] you have to just speak your truth, you have to say what you need to say to get things done, especially if you're the boss of a major operation.

I prefer never to have to call anybody down for any reason. I would prefer that people do what they say they will do, and that they're qualified to do it. When they take my kindness or my sensitivity for weakness, that's a big mistake, because I'll go with you a long way, but then I'll call you on it. I'll just say, 'Hey, no, no, no, that's not how this works here.'

BB: As a leader, what is something that really pisses you off?

that is the thing that gets me the most. Even if I'm being picked up by somebody and they're not on time, that ruins my whole day because they made me late, and I am such a responsible person. I believe that everybody's time is important, and I don't think you ever need to be so big that you believe that your time is all that matters.

And people who don't do what I know they're qualified to do, what I hired them to do, and what they said they could do. And they just get lackadaisical as if, 'Well, you're the one getting the big money.' Yeah, but you are getting paid to do this job, and if you want a better one, go somewhere else, but you've got to really take your work seriously, no matter what that job is.

BB: How do you help people understand that it's OK to turn towards pain? You've spent your whole life looking it right in the eye and singing to us about it.

DP: I don't know how to teach anybody how to deal with pain. I just go to people who are suffering, and if I can't do anything physically, I can write about it or donate something to the cause or whatever. But I don't ignore it. I can't just turn my back on life and suffering and people.

We'll all be in pain one day, and you want to treat people the way you want to be treated. You don't have to believe in anything [religious] to be good to people. Just know you should be a good human being. There's a golden rule. If you are a religious person, you should know better anyway. But it doesn't matter if you don't have any faith, have some faith in yourself as a human being. And believe in a higher wisdom, something bigger than you. If you don't believe in something bigger than you, then you become your own god and then you're really in just a big mess.

BB: You speak truth to shame; in saying we're not defined by these things [that have happened to us]. It's so powerful...

by bad things that we have experienced]. So many people tell me horrible things that happened to them in childhood, maybe by an abusive parent, or some horrible sex crimes committed against them. And they think it's their fault and they live in shame. It's not their fault. But also they don't have to be defined by that



It's hard to shine a light into dark places. You don't want to relive it. You think you're going to forget it, but you never are, so it's best to just get it out "99"

if they can find a light and a way to brighten up their life, and try to forgive, if they can, the darkness that was in that person who did that to them. It's not their shame.

They can be brought into the light with enough love, and if you throw enough light on that situation to say, 'Honey, it's not your fault, you didn't do anything wrong. Let us try to make it

right with you.' Try to have them love themselves enough to come out of it, and see that they still have a life ahead.

BB: You do an incredible job.
I love the way you frame
that: shining a light in dark places
so people can find love. That's so
much about what your work is...

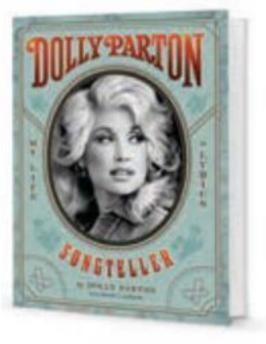
DP: Well, that's what you do too. You help people try to shine a light on the darkness out there and in the dark spots of their own lives. It's hard to shine a light into those dark places. You don't want to relive it. You don't want to remember. You think you're going to forget it, but you never are – so it's best to just get it out, tell somebody with a good heart and a good mind and enough love to say, 'Hey, let's just work this out. I'll help you with that.'

• Extract from the 'Unlocking Us' podcast



LET'S WORK OUR MAGIC

Kindness unites us and makes life better. In 'The kindness conversation', we hope to inspire more compassion in the world. For more, listen to 'Unlocking Us' with Brené Brown for free exclusively on Spotify and read 'Songteller' by Dolly Parton.



• Dolly Parton,
Songteller: My
Life In Lyrics'
by Dolly Parton
(Hodder &
Stoughton, £37.99)

Train to be a psychotherapist

Doctor Sarah Niblock, CEO of the UK Council for Psychotherapy, and UKCP member Andy Ryan discuss the path into psychotherapy – not only to open the door to a fulfilling career, but as a way to understand yourself deeply



PSYCHOTHERAPY
TRAINING is the
opportunity to launch
a new career. It

also offers a space to understand yourself, your experiences and the way you relate to the world. In the accompanying podcast with therapist Andy Ryan, I explore how the teachings of psychotherapy could create a better world with much-needed human discourse, and why anyone, no matter their profession, would benefit from the transferrable skills that psychotherapy affords.



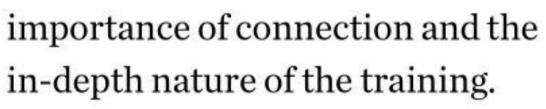
CEO of the UK Council for Psychotherapy

UKCP member Andy Ryan outlinesthe routes into psychotherapy and the advantages of training

sychotherapy attracts
people in different life
stages, but a considerable
number enter after an established
career elsewhere.

My case was a little different. After accessing drug and alcohol treatment services myself, I began to think about what was next, where my life would go and how I could create meaning from my experiences.

I had counselling to help me on my journey and, as I began to understand myself, I became curious to know more. I explored counselling courses and was drawn to psychotherapy because of the



My psychotherapy training lasted four years, part-time, and even before qualifying, a lot of what I was learning was making its way into my life. On a practical level, training to be a therapist offers plenty of space for connection and discussion, and time for students to process and understand the theories that support the work. It also offers an opportunity to talk about how the theory has had an impact on you, and there is space in essays and journals for that too.

Enriching growth

Through training, I was able to say what I needed and create healthier boundaries with colleagues and in my personal life. I remember saying to a supervisor that even if I did not walk away with my certificate at the end of the course, I would say: 'Thank you very much, this

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 individual 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



HOW I BECAME A THERAPIST



Healing and curiosity drew Andy Ryan into the field

AS I EMERGED FROM the chaos of drug and alcohol addiction, I felt a curiosity to understand what had happened and was happening in my life. I was offered therapy as part of my treatment and wanted to know more.

It became obvious that training to be a psychotherapist was a path that I wanted to walk for both personal and professional development. The training helped me make sense of so much in my life. There is a community centred around training – conferences, literature and more – that keeps the fire stoked with continued opportunities to develop in many subjects within the field. I'm still developing and I feel more connected with who I am and the world around me than I could have ever imagined.

changing-lives.org.uk

has been amazing, I've learned so much about myself that will transfer into my life.'

There are emotional implications of delving deep during practical sessions. This is why therapy throughout training is required by UKCP, to support you during your emotional awakening, and why later supervision is essential, so you can continue to be supported and make meaning of what emerges for you. Psychotherapy training is truly transformative.



The podcast

Are you interested in getting to know who you are and how you relate to the world?

UK Council for Psychotherapy CEO
Sarah Niblock talks to Andy Ryan to
understand how psychotherapy training can
benefit everyone – and why this relational
approach is necessary in our changing
world. Listen to their conversation
at psychologies.co.uk/train-bepsychotherapist-podcast-ukcp

Prepare for a life-changing journey

Are you interested in becoming a psychotherapist? Begin the process by taking these three enlightening steps

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Sory

Editor-in-Chief, Psychologies

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Find your spark

MANY VISIONARIES, from Albert Einstein to Oprah Winfrey, attribute the secret of their success to listening to that still, small voice within. Intuition allows you to reconnect with your power and creativity, the parts of you that make you unique and feel true to yourself. Yet, that inner voice and the wisdom it offers can be elusive...

In this Dossier, Anita Chaudhuri talks to the experts to discover strategies and tips on how to stop overthinking, access your intuition and find a path that is true for you. By following a daily practice of tuning inward, you can start to understand what it is that you're yearning for

in life, and take steps to make it happen. Learn wise habits that will stop you getting stuck in your mind, so you can allow your heart and feelings to guide you. Plus, take our test by therapist Sally Brown to discover what is blocking your intuition – overthinking, self-doubt, overwhelm or people pleasing.

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Intuitive wisdom

Facing a tough decision? Not sure which path to take? So often, the answer comes from a quiet voice within. But how do we get in touch with our intuition – and how do we know that what we are hearing is not anxiety or fear? Anita Chaudhuri asks the experts

66 While it might

to the uninitiated,

many artists and

intuition as key

to their success?

entrepreneurs cite

sound woo-woo

oes the following scenario sound familiar? You develop a hunch about something, perhaps a potential romantic partner, or a job opportunity that seems like a bit of a stretch. When you confide in friends and family, some react with scepticism, perhaps even an eye roll. But then, to everyone's

surprise, perhaps even yours, things turn out just the way you imagined.

Listening to that inner wise voice within can yield powerful results. And, while it might sound woo-woo to the uninitiated, many influential entrepreneurs and artists cite it as key to their success, including Steven Spielberg, David Lynch and Oprah Winfrey. Apple founder Steve Jobs went as far as to say: 'Intuition is a powerful thing, more powerful than intellect, in my opinion.'

So, what exactly is intuition? Often referred to as a gut feeling or sixth sense, recent research published in *Psychological Science* defined it as a brain process that allows people to make decisions without employing the rational mind. Experiments conducted by the University of New South Wales revealed that we can use unconscious information in the brain and body to guide us through life, enable better and faster decisions and become more confident about our choices. The research also indicated that intuitive skills get better when practised over time.

'Learning to develop your intuition puts you back in charge of your life instead of feeling at the mercy of others,' says Sonia Choquette, author of *Ask Your Guides* (Hay House, £12.99). 'The more intuitive insight you have, the better decisions and choices you can make about your life – it's empowering. It also helps you reconnect with parts of your authentic self

Choquette believes the easiest way to activate your intuition is via your imagination. 'Every morning, say out loud all the things in life that you love: "I love a cup of strong coffee in the morning, I love my dog, I love silk pyjamas, I love flowers, I love laughing with my kids." It's important to say them out loud because you get them

out of your head and into reality.'

Specificity is key here. The more detailed you make your daily love list, the more engaged you will become. By reminding yourself of what you love most in your life, you are giving yourself permission to have more of it.

I can attest to this, because I started doing this exercise at one of Choquette's workshops several years ago. It was what inspired me to buy my first camera, paint my living room sunflower yellow and find my dream co-working space. What is the

>>>

connection with intuition? It puts you back in touch with the things you are unconsciously yearning to experience.

What lights you up?

Choquette has seen the results among her clients. One woman she worked with in Chicago years ago had only two items on her list: 'I love Oprah and I love Starbucks.' Choquette suggested that maybe she should go and get a cappuccino and talk about her favourite talk show host. The woman did so, and struck up a friendship with another Starbucks regular who, by strange coincidence, happened to work for Oprah and offered her a job. Another client, recently widowed, could think of only one love in life, playing the piano, which she had

abandoned. She bought a second-hand one, the man who sold it to her offered to give her lessons and they ended up married.

'People talk about FOMO (fear of missing out), but the real FOMO I see is that if people don't pay attention, they could miss out on their own authentic life by paying too much attention to the lives and opinions of others,' says Choquette. 'Connecting with your intuition offers a powerful remedy for that.'

Actually learning to use your intuition in the moment can be challenging though. We may have a strong feeling about something that defies all logic, but how can we learn to trust that? The following steps are designed to help you learn to hear your vibes and act on them.

Let your inner voice be your guide

Intuition is an innate skill that helps you choose what is right for your life and will, ultimately, make you happier. The experts share how to tap into and believe in your gut instinct to flourish

OVERCOME YOUR BLOCKS

One of the most common blocks to listening to your intuition is a preoccupation with the opinions and judgments of others, believes

psychotherapist Lizandra
Leigertwood. 'Fear of letting people
down by not living up to societal,
cultural or parental expectations is a
common block.'

This can be particularly true if you come from a background where there were rigid expectations about what success should look like. 'In those cases, people don't allow themselves to dream because they're fulfilling the dreams of their parents instead of their

own. A person will come to see me and, although things might look great on paper – maybe they have an amazing career and family – they feel unhappy and burned out because they've been on a journey of people pleasing for so long. They've shrunk their authentic self because they've been so busy listening to others instead of their own inner wisdom.'

Another common block is focusing too much on logic.

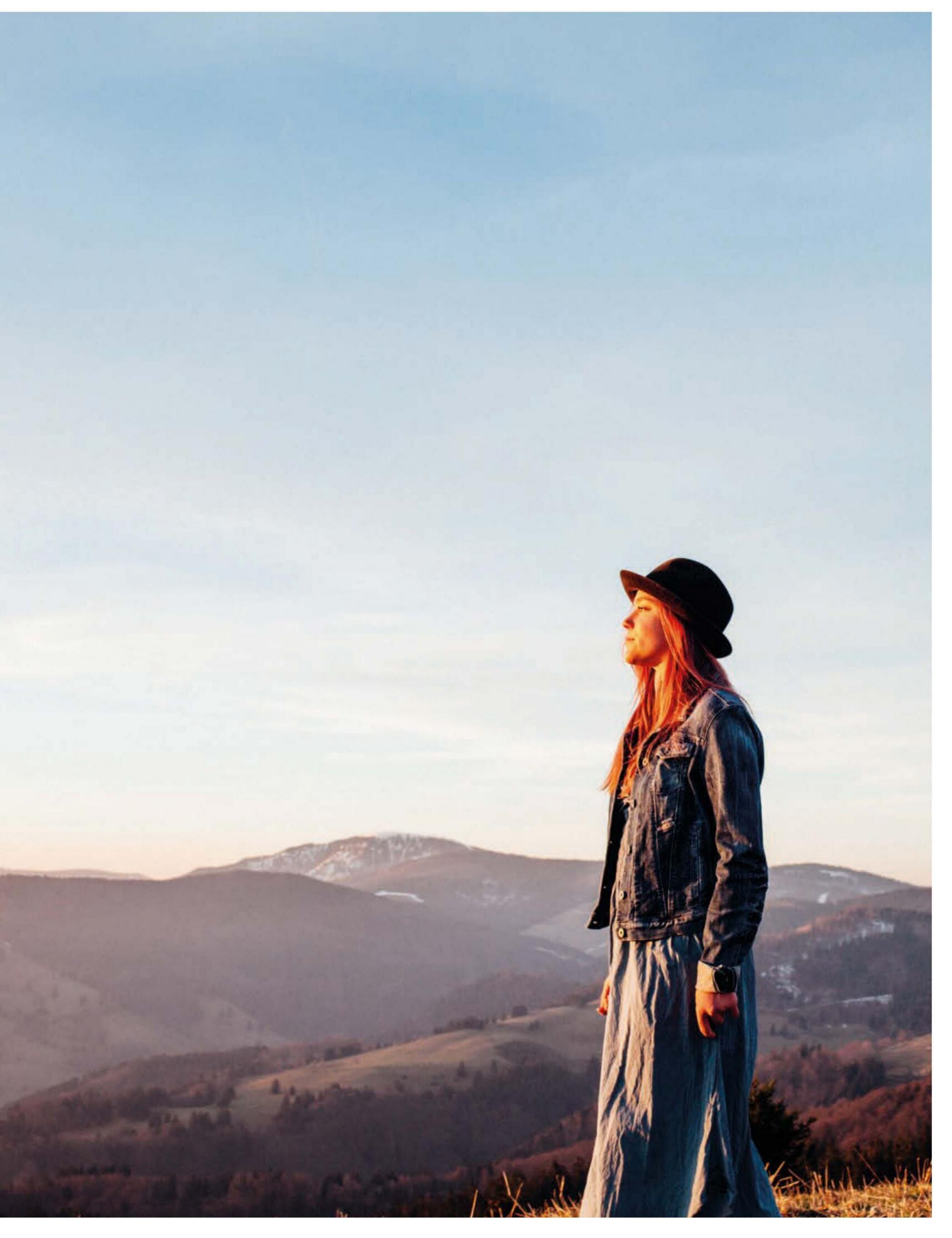
'In the West, we grow up in a school system where the focus is on the rational, and academic success is measured by listening to and repeating the opinions of others,' says Amisha Ghadiali, author of *Intuition: Access Your Inner*

Wisdom, Trust Your Instincts, Find Your Path (Dorling Kindersley, £14.99). 'If something can't be explained by data and evidence then it's not to be trusted; add to that the history of the patriarchy, which has historically sought to outlaw our connection with intuition.'

Square peg, round hole

Ghadiali, who has a politics degree, struggled to overcome such blocks while launching her career as a

jewellery designer, yoga teacher and author. 'I had to work through a huge amount of fear over what success is supposed to look like. It often felt as if I was living life at odds with how I really felt inside. I knew I was doing things that weren't right for me – staying in a relationship that wasn't right or taking a certain job, even eating certain types of food. In so many small ways, I was betraying my intuition in order to fit in and get that >>>



JULY 2021 PSYCHOLOGIES MAGAZINE 51

validation we're all looking for. Eventually, it became impossible to live like that.'

There is another common block to being open to intuitive guidance, says Choquette. 'The unknown can be scary, so we close off the guidance. For anyone who is feeling this way, I would advise – just be curious. You don't have to act on your hunches. Start by experimenting with simply paying attention to how you feel.'



working with intuition is whether your instincts are real

intuition or mere overthinking – at one end of the spectrum, wishful thinking, and, at the other, catastrophising. One way to become more discerning is to check in with your intuition regularly. 'The way to distinguish intuition from mental chewing gum is that it is consistent,' explains Choquette. 'If you check in and ask whether you should take the job, it's not going to say yes on Monday, no on Tuesday and maybe on Wednesday. It will say yes every time you ask. That's how you know.'

'Ask whether you should take the job; it won't say yes on Monday, no on Tuesday and maybe on Wednesday. It'll say yes every time you ask. That's how you know '99

supported,' says Choquette. 'There's a high probability of having others dismiss or ridicule you, or being told that you're weird or unrealistic. Learn to keep your ego out of such conversations and go for a gentler approach. Tell the other person: 'I know it sounds crazy, but this feels right for me.' There's no point in trying to make them agree with you or tell you that you're right.'

If at first you don't succeed...

An occupational hazard of living by one's instincts is sometimes getting things wrong. Intuition is not infallible, but dwelling on mistakes can paralyse you and prevent you continuing to be open to inner wisdom. When things go wrong, 'it's important to remind yourself

that mistakes are there to learn from,' says Leigertwood. 'If you can reframe those experiences as occasions where you learned something – rather than viewing them as negative – you can build trust in yourself.'

It's also important to practise self-compassion and understand that we can only do the best we can with the knowledge we had at the time.

'Sometimes we might feel certain about a situation, but our action was limited to what we knew in that moment,' says Leigertwood. 'OK, so you might have made choices in the

past that you would make differently today, but the only way you're going to learn is by living and by trusting. If you're constantly living in fear of making a mistake, your life isn't going to feel like your own.'

Emergency measures

It is important to be aware of how you feel. 'Your intuition is definitely going to function best when you are in a calm mental and physical state,' says Ghadiali. 'If you're unduly stressed about money or a health diagnosis, be aware that there might be a lot of fear coursing through your system that can act as a block to listening to yourself.'

It may be better to wait until you feel calmer – but not always. 'However,' Ghadiali continues, 'intuition can also come to help you in those moments of crisis with clear, simple direction that is very different from mind chatter. I've heard many stories of people hitting rock bottom, then receiving an unexpected flash of insight that appears to come out of the blue. But, if you develop a regular daily practice of tuning in (see page 55), then you won't have to wait for a crisis for it to come through.'

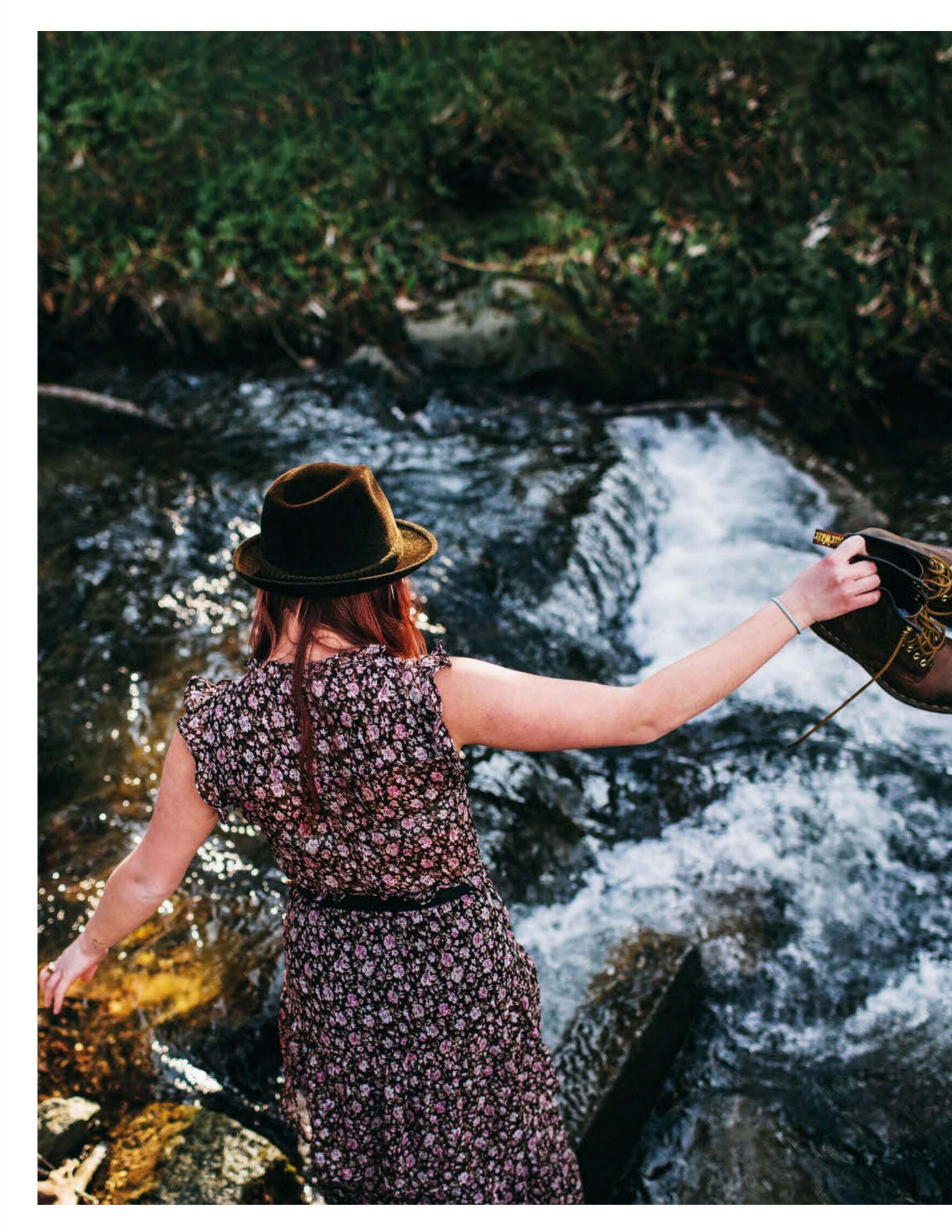
It can be particularly challenging to trust your intuition when you're surrounded by naysayers and sceptics. How do you deal with that? 'First, you can pretty much count on your intuition not being

ACT ON YOUR INTUITION

It's important to bear in mind that being aligned with your intuition is unlikely to give you a magic wand allowing you to bypass the hard work necessary to turn your dreams into reality. 'What it does do is put you back on the right path. And it can also save you a lot of wasted time and effort,' says Choquette.

An exercise that Choquette suggests is to journal about an issue that you're facing. Write down all the fears that arise while contemplating it. Then, say out loud the prompt: 'If I weren't afraid, I would...' and fill in the blank. Repeat this for five minutes, and do the exercise for 30 days. 'This is what I'm afraid of and





this is what I would do if I wasn't afraid. When you name it, you claim it. A deeper truth will emerge concerning what your heart truly desires, and what steps you should take in order to get there. You will have a visceral experience of your true self.'

The right direction

Taking action as soon as you get guidance is key, says Ghadiali. 'Intuition loves action, but if that sounds overwhelming, it shouldn't be. Your intuition usually gives you a nudge to do the next right step – a small, doable action. It isn't necessarily going to give you a 10-year plan with all the details at once, it's going to give you one step and, when you embrace that, it will give you the next, and the next.'

If the pandemic has taught us anything, it is how to live with uncertainty. 'The actual facts of our lives haven't changed. Pre-pandemic, you could get fired at any moment or your marriage could implode at any time. What's changed is that the unpredictable nature of life has been brought to the surface for all of us,' explains Ghadiali. 'But, when you're living a more intuitive life,

you don't need to have everything clearly mapped out. You might hold a bigger vision of how you want your life to be but you're building a relationship with trust and allowing things to come into your life that you might not

have thought of welcoming before.'

Another key skill is to ask the right questions, says Choquette. 'You can only act on your intuition if you are asking questions that you are willing to address. You have to be prepared to swallow the truth serum - you can't fool your inner self.' So, instead of agonising over a dilemma such as should you leave your job to become a chef, she suggests asking a less

dramatic question. 'Ask, what does your intuition have to say about you becoming a chef? In this case, my client got a clear answer: "I don't have the skills." So, rather than the disruption of quitting her job, she signed up for part-time training while continuing the day job. It's more helpful to do the next right thing and break the issue down into bite-sized, manageable chunks.'

soniachoquette.net; newframetherapy.co.uk; amisha.co.uk

66 You have to be prepared to swallow the truthserum

Five strategies for intuitive living

Authors Sonia Choquette and Amisha Ghadiali explain how to access your inner wisdom using your senses and emotions, so you can make decisions and take action with confidence

-you can't fool

your inner self "

• Listen to your body. 'Every morning, place a hand on your heart and ask, 'What is my guidance today?' Listen to what arises without judgment. Then, check in with your body. Intuition has a particular signature - your body relaxes. It can feel a little like putting a key in a lock. By contrast, if you're overthinking, your body feels agitated and your mind spins, says Sonia Choquette.

• Focus on what feels true.

Build on the above exercise by focusing on a particular dilemma, while saying aloud: 'My head says ... ?' and 'my heart says...?' A common fear is getting it wrong. 'I say the world of right and wrong is a faculty of the intellect,' says Choquette. 'Intuition comes from a

different place, a third space which is what feels true for me, for now. You step into a doorway of what feels true.'

• Set a yoga intention. 'Ask a question in the form of an intention before you start your yoga practice,' suggests Amisha Ghadiali. 'Begin by stating that you would like to find out X from the wisdom held in your body, then invite the question in and move through your sequence. When you come out of it, see if an answer has landed in your mind.'

• Identify your intuitive style. 'Some people receive it as pictures in their mind, for others they may hear guidance or even taste it, says

Ghadiali. To identify your intuitive style,

journal about a perfect Sunday that you enjoyed recently. Describe it in detail and either write it down or record it. Notice what feeling words you use most - visual, auditory or kinaesthetic. This should give you a valuable clue about what form of intuition you should pay most attention to in the future.

• Start an intuition journal.

'Write down your hunches and collect data that can help your rational mind work with your intuition. How did you feel? Where did you feel it in your body? What was the outcome? That way, you start to collect how information comes through for you and distinguish between the voice of your ego, mental chatter and overthinking, says Ghadiali.

What muffles your intuition?

Take our psychological test to reveal what is standing between you and your ability to tune into your guiding inner voice

Your inner voice is clearest when you feel:

- ♦ In control
- Confident
- Calm
- Cared for

To you, truly intuitive people seem:

- Wise and compassionate
- Calm and balanced
- Grounded and self-assured
- Focused and decisive

Faced with an important choice, you feel:

- Worried about what other people will think
- Like it's one more thing you have to deal with
- Terrified you'll make the wrong choice
- Like you've thought about nothing else

People who love you encourage you to:

- Worry less
- Believe in yourself
- Slow down
- Put yourself first

Your most common negative emotion is:

- **W** Guilt
- Anxiety
- Panic
- Worry

You believe that good luck comes to those who:

- ♥ Are kind
- Work hard
- Take a leap
- Prepare

After making a mistake, you wonder why:

- You didn't see it coming
- This always happens to you
- You take on so much
- You feel like you've let people down

8 When you have to make a decision, you tend to:

- Ask everyone for their opinion
- Ruminate over the pros and cons
- Put it off until the last minute
- Feel under pressure to get it right

You've done OK so far because you:

Know how to get on with people

- Always try to be your best
- Know your faults and weaknesses
- Anticipate what is ahead

Improving your intuition will help you:

- ♥ Be more assertive
- Create a better life balance
- Strengthen your sense of self
- Make the most of opportunities

Circle the answers that most closely apply to you, then add up the symbols. Read the section (or sections) you circled most to find out how to get back in touch with your gut instinct.

ORDS: SALLY BROWN, PHOTOGRAPHS: GETTY IMAGES



What is blocking your innate wisdom?

IF YOU SCORED MAINLY ♥

People pleasing

You may not think of yourself as a stereotypical people pleaser – you stand up for yourself when it matters and won't put yourself out for just anyone, but even mild people-pleasing tendencies can get in the way of an inner voice. It could be your gut instinct that tells you it's the right thing to go the extra mile to support someone in crisis, or be the one that steps up and makes a difference, but if you find yourself regularly tolerating inconvenience or uncomfortable feelings so others don't have to, you're people pleasing. Sometimes, it's a temporary response to pressure or challenge – you may not have the capacity to fight any battles right now, or it may be that focusing on others' problems puts yours into perspective but, sometimes, never asking for help or talking about your concerns is a way of keeping people safely at arm's length.

Redressing the balance and reconnecting with your intuition starts with moving from reactive to reflective mode. Pausing, checking in with your feelings and asking, 'How am I reacting? What are my thoughts and emotions?' before committing to anything or responding is a good start.

IF YOU SCORED MAINLY ◆

Overwhelm

When we're continually bombarded with external information, is it any surprise that our inner voice gets drowned out? You may thrive on the stimulus of a full social and working life, but struggle to get the balance right. It can be hard to say no to opportunities when you are naturally motivated by personal growth and being your best self – but the balance between external influences and your internal voice is a delicate one and, when your life is focused outward, you can lose touch with your inner wisdom. It's time to bring more calm and clarity into your daily life so you can think beyond what needs doing to what you want to do. When you're stuck in doing mode, you can see life as a series of tasks to be completed, with how you feel about what you're doing becoming irrelevant.

Until you reduce the mental noise, you will never be able to hear that small voice of calm. Start by creating your personal prescription for peace. Making time for a daily mindfulness practice is the first step – carving out time every day to tune into your inner experience.

IF YOU SCORED MAINLY

Self-doubt

Listening to what your inner voice says is one thing, trusting it is another. When your self-confidence and personal autonomy have taken a knock, you may doubt your inner wisdom and seek external validation. At times, that's helpful – talking through options and hearing about others' experiences can clarify what's best for us. But if you rely too much on the advice of others, or lack confidence to act on what your instinct is telling you, you may be unconsciously undermining your connection with your inner wisdom. Sometimes, a critical inner voice can drown out and undermine your gut instinct: it's hard to trust yourself if you put yourself down or view your actions through a critical lens.

When you feel confident, your inner voice is loud and clear, and following your gut instinct seems like the most logical thing in the world but, when your self-belief is shaken, you question everything and overthink things. A stable foundation of confidence is the key to becoming your authentic self. Start keeping a reflective journal – it can be as effective as therapy in building self-belief.

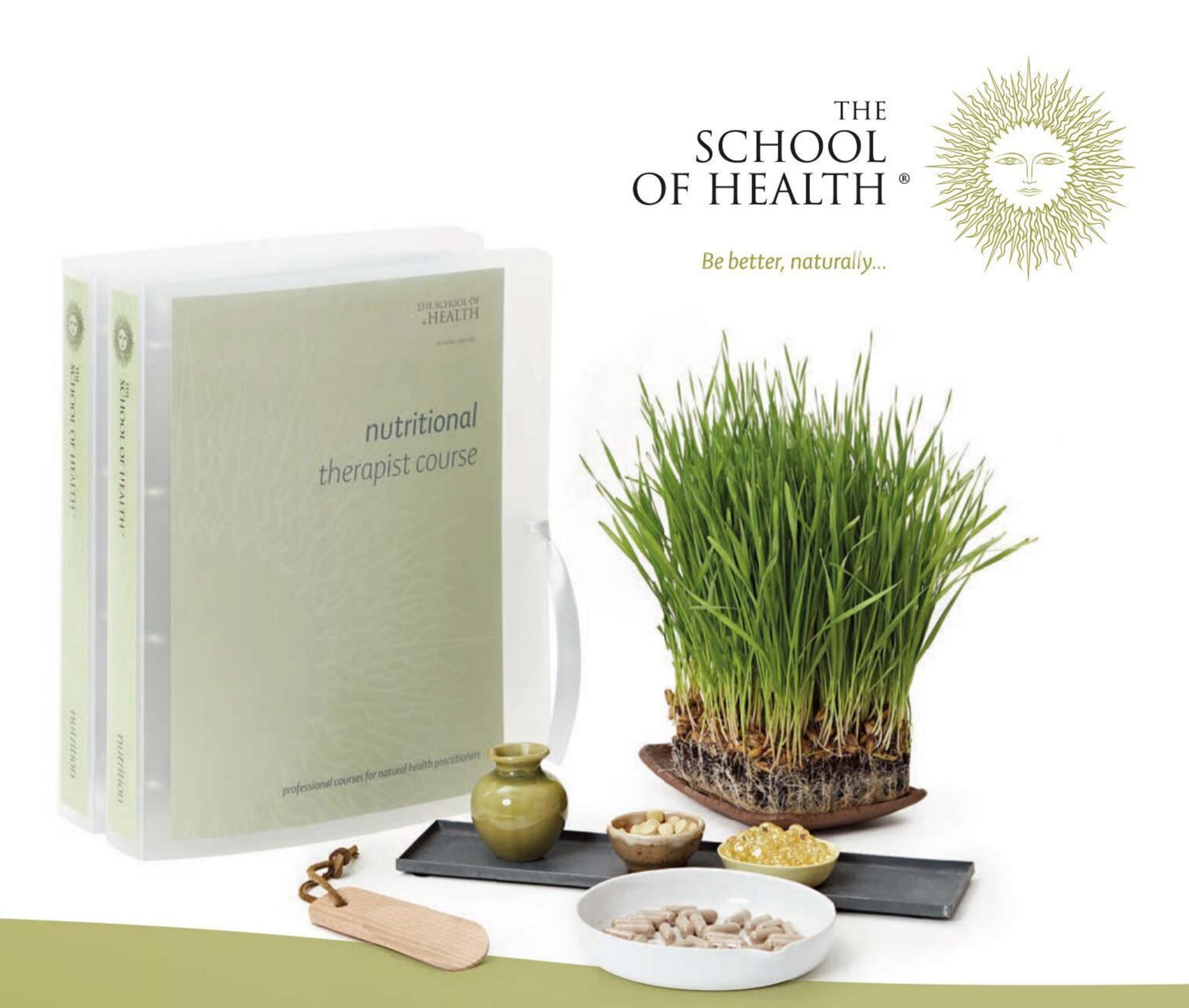
IF YOU SCORED MAINLY

Overthinking

Even those who are tuned into their feelings, reactions and emotional responses can lose connection with their inner wisdom if they get sucked into overthinking. Your inner voice might be loud and clear, but if you drown it out by analysing every possibility, is it any surprise that you feel a bit adrift? It's true that not every emotional response is significant – sometimes, feelings are random or temporary reactions to circumstances. But, rather than sitting with your feelings or allowing yourself to process them, you can pounce on them and analyse them to death. When something important is at stake, it's good to think it through and consider all eventualities, but overthinking isn't constructive thinking and, rather than bringing clarity, it can leave you stuck and confused.

Overthinking is a hard habit to shake, but the first step is to notice it. When you become aware that you are caught up in your thoughts, check in with your emotions. If you are stressed, anxious or low, your thinking may not be constructive. Find time every day to quieten your mind and give your inner wisdom a chance to shine.





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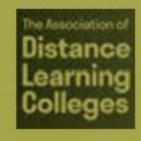
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EDITED BY ALI ROFF FARRAR



Mindful vellness

What does a meaningful life look like to you? On these pages, Ali Roff Farrar shares a gentle and joyful mindfulness practice that gives you the tools to fully embrace the present moment



ALL'S WELL THAT ENDS WELLNESS

My 10 years at 'Psychologies' have shaped my life dramatically. The magazine was the catalyst that led me to mindfulness to practise it, train as a mindfulness teacher and fully engage with the topics I write about on these pages and in my book, 'The Wellfulness Project'.

'Tell me, what is it you plan to do with your one wild and precious life?' asks Mary Oliver in her poem 'The Summer Day'. For me, every day spent writing for this kind, intelligent magazine has given me meaning and fulfilment. So, how can we make every day - in fact, this moment, right here, right now - more meaningful?



Psychologies Wellness Director, mindfulness expert and yoga teacher

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Shiny happy smiles

Luscious lips begin with a nourishing scrub, followed by a lick of colour - ideally, with a gloss containing natural ingredients and no nasty parabens, phthalates, petrochemicals, synthetic fragrances or colourants.

I love this lip scrub and gloss duo from Savvy Minerals - it ticks all those boxes, and is perfect for soirees in the summer sunshine.



Savvy Minerals lip gloss, £34.74; and poppy seed lip scrub, £35.14, young living. com/en_GB

QUOTES TO LIVE BY

66 His not arrogant or egotistical to feel good inside. You had nothing to do with it. It's simply an honest response to clearly perceived reality ??

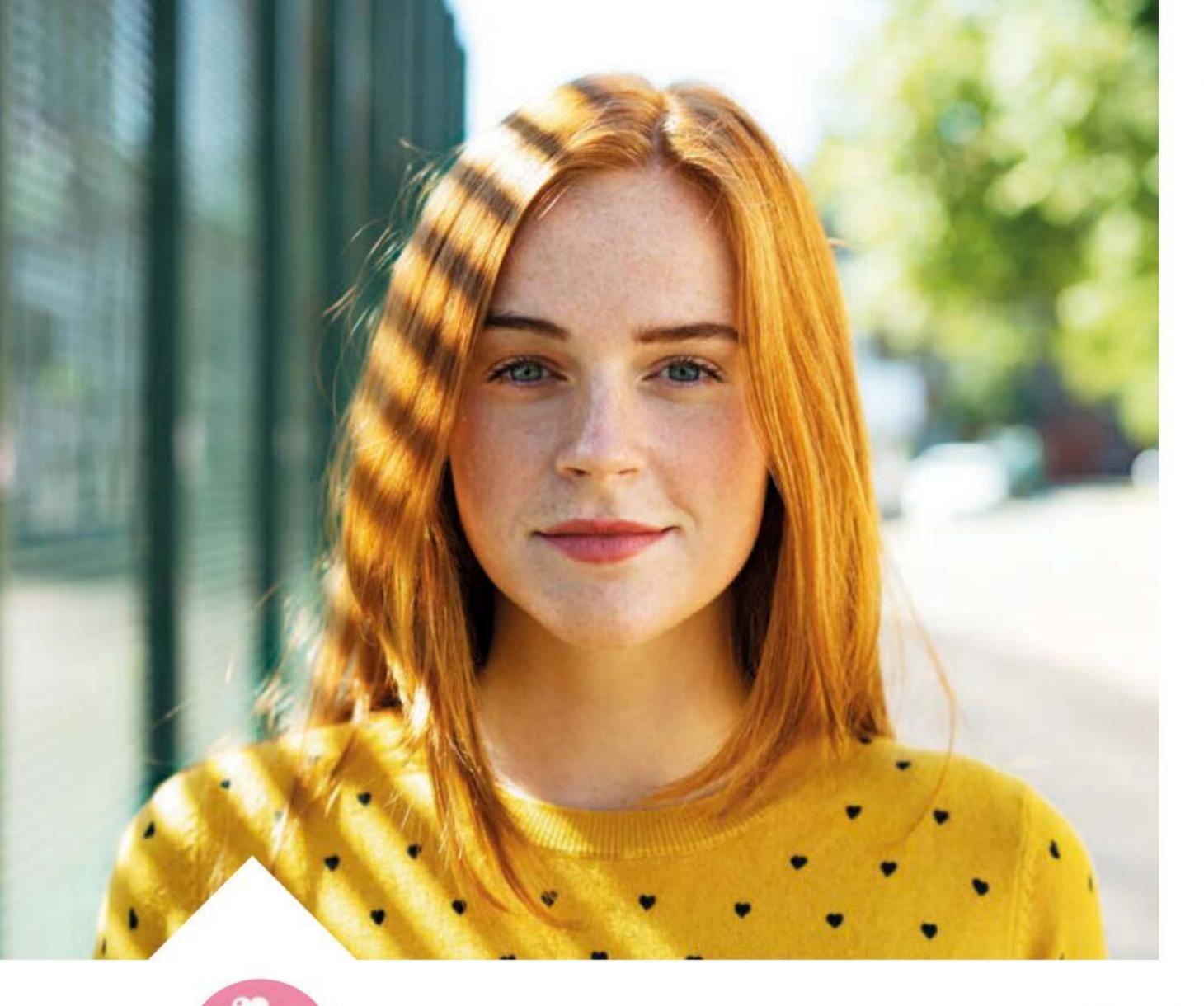
> **ERICH SCHIFFMANN**





A mindful moment can feel out of reach when your to-do list dominates your thoughts. To bring calm, mother of three Victoria Bye created The Lull Club, a collection of beautiful aromatherapy products - candles, spritzes and diffusers - to lull you into a relaxed state. 'I wanted to make products that help you unwind that are kind to the body and the planet - and easy on the eye,' says Bye. That's our sort of club!

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MINDFULNESS

If you've enjoyed these Mindful

Wellness pages, you might like my

book 'The Wellfulness Project'

based on your unique needs and

personal preferences, creating a

wellbeing plan that works

exclusively for you



Mindful Health Club

What is your take on a meaningful life? Achievement, success, awards and milestones reached? Ultimately, life is a series of moments, yet so many of us spend those moments projecting into the future or mulling over the past. If present moments aren't meaningful, can they create a meaningful life?

My favourite poet, Mary Oliver, is famous for her thoughtful exploration of the meaning in the present moment. Her poem, The Summer Day, is one

of my all-time favourites.

Read the poem, and ask yourself what the line 'Tell me, what is it you plan to do with your one wild and precious life?' means to you?

design your own wellness lifestyle 1 It's not a call from Oliver to plot, plan, achieve and do, but to truly enjoy the now by simply being - the idea that lying on the grass on a summer's day is not a waste of time, but a way of embracing the present.

> Consider how you can embrace **The now.** How can you make this moment more meaningful for you?

Pause and think about the above **question**, then write down or doodle how it feels to find meaning in this moment, no matter how big or small. How can you continue to find meaning in every moment available to you? What tools can you use around you? Your breath? Nature? What else?

of women aged between 16 and 54 would put off seeing the doctor with symptoms of endometriosis because they don't think it's serious enough. Yet, 1.5 million women in the UK live with endometriosis - with the average diagnosis taking eight years*



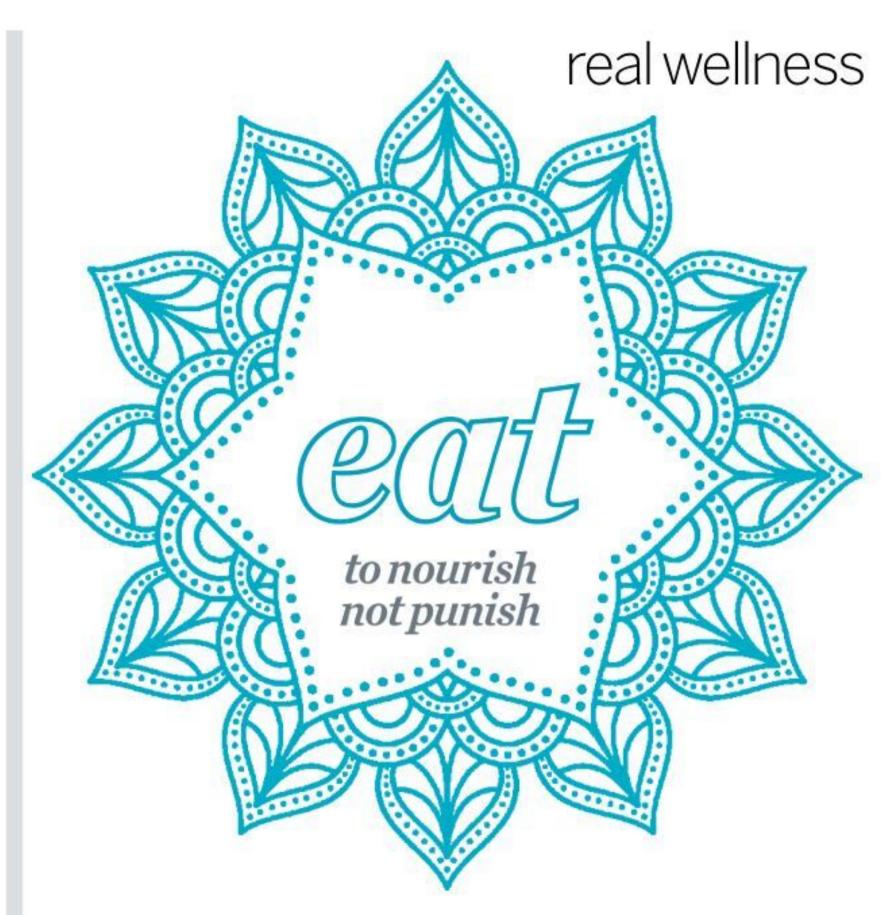
Golden ageing

I love The Positive Ageing Plan by Vicky Dondos – an empowering guide to finding the best options for your skin. Her approach is holistic, with advice on lifestyle medicine (stress management and nutrition), unbiased information on aesthetic medicine, as well as mindset coaching.

• 'The Positive Ageing Plan: The Expert Guide To Healthy, Beautiful Skin At Every Age' by Vicky Dondos (Penguin, £14.99)







QUOTES TO LIVE BY
We eat the spring and the summer and the

fall. We wait
for something
to grow and

then we eatit 99

> **SHIRLEY JACKSON**



POPEYE WAS ONTO something with his daily spinach fix – research shows that eating just one cup of leafy green vegetables every day can boost muscle function. Consuming a nitrate-rich diet, largely from vegetables, can contribute to significantly better muscle function in lower limbs.*

CONSCIOUS, **COURAGEOUS ÝOU**

Access free life-transforming coaching with a Psychologies' subscription, from programmes such as 'Conscious self-care' to the upcoming Find your spark'. Join us and commit to creating a happier life. Find out more on page 44

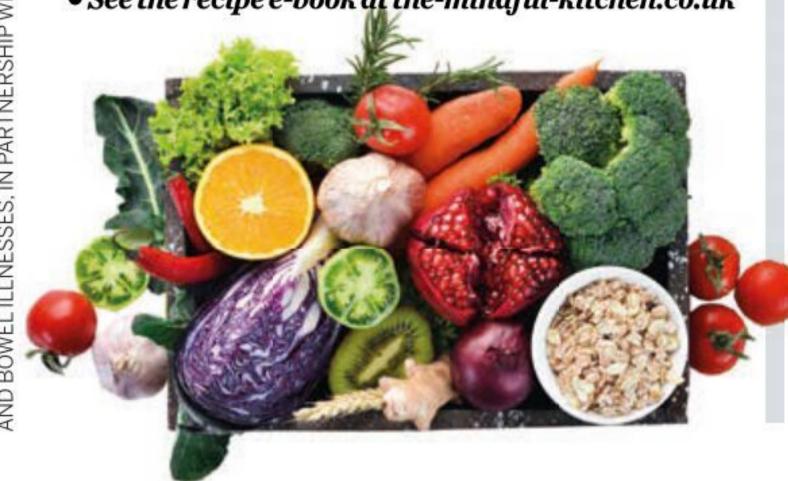
e-book

Rainbow healing

In a year when immunity has been one of our top priorities, many of us are realising that the

food we eat can be medicine. Chef Bex Shindler at The Mindful Kitchen is passionate about Ayurveda and helping people find balance in body and mind through a healthy, plant-based diet. She offers online cooking classes with a focus on seasonal and ethical produce.

• See the recipe e-book at the-mindful-kitchen.co.uk



The levels of omega-3 fats in organic dairy are 50 per cent higher than non-organic dairy. That's quite a statistic! In addition, organic dairy is much lower in saturated fats**

Love your microbiome

Doctors spend 10 per cent of their working life seeing patients with digestive disorders, and a whopping 43 per cent of the UK population has experienced some form of digestive discomfort. Symprove is a powerful probiotic for better digestive health. It has been proven to arrive, survive, thrive and multiply in the gut.†

Symprove four-week programme, £79,









Country: China

For more than 7,000 years, mushrooms have been considered the elixir of life in China, and medicinal mushrooms, containing medically active compounds, have long been used in traditional Chinese medicine. Benefits of these magical fungi include immune system support, enhanced heart health, better digestion and increased cognitive function.

Fungi Fusion is a vitamin D-rich immunity blend by Marie Reynolds that contains a potent blend of five mushrooms: maitake, reishi, shiitake, lion's mane and chaga, each revered in traditional Chinese medicine for its healing

properties, including boosting immunity, relieving anxiety and improving mood.



PROMOTE A FEELING OF AWE

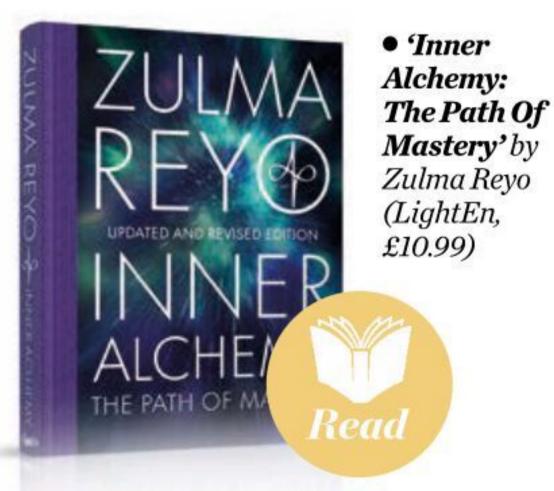
Learn how to slow down, step back from the busyness of life and start to notice the everyday wonder that surrounds you. Give yourself the opportunity to reconnect with yourself and the natural world by signing up to the 'Little Piece of Wonder Everyday' e-course at littlepieceof wonder.co.uk/course

> Reusable razor and bag, £24.99, thekindstore online.co.uk





If you're a fan of hair-free legs in your summer shorts, ditch the plastic disposables and grab one of these beauties - a reusable razor with a long, weighted handle with textured grip and double-edged stainless steel blades. It's coloured with cruelty-free paint, plus the cool packaging is plastic-free.

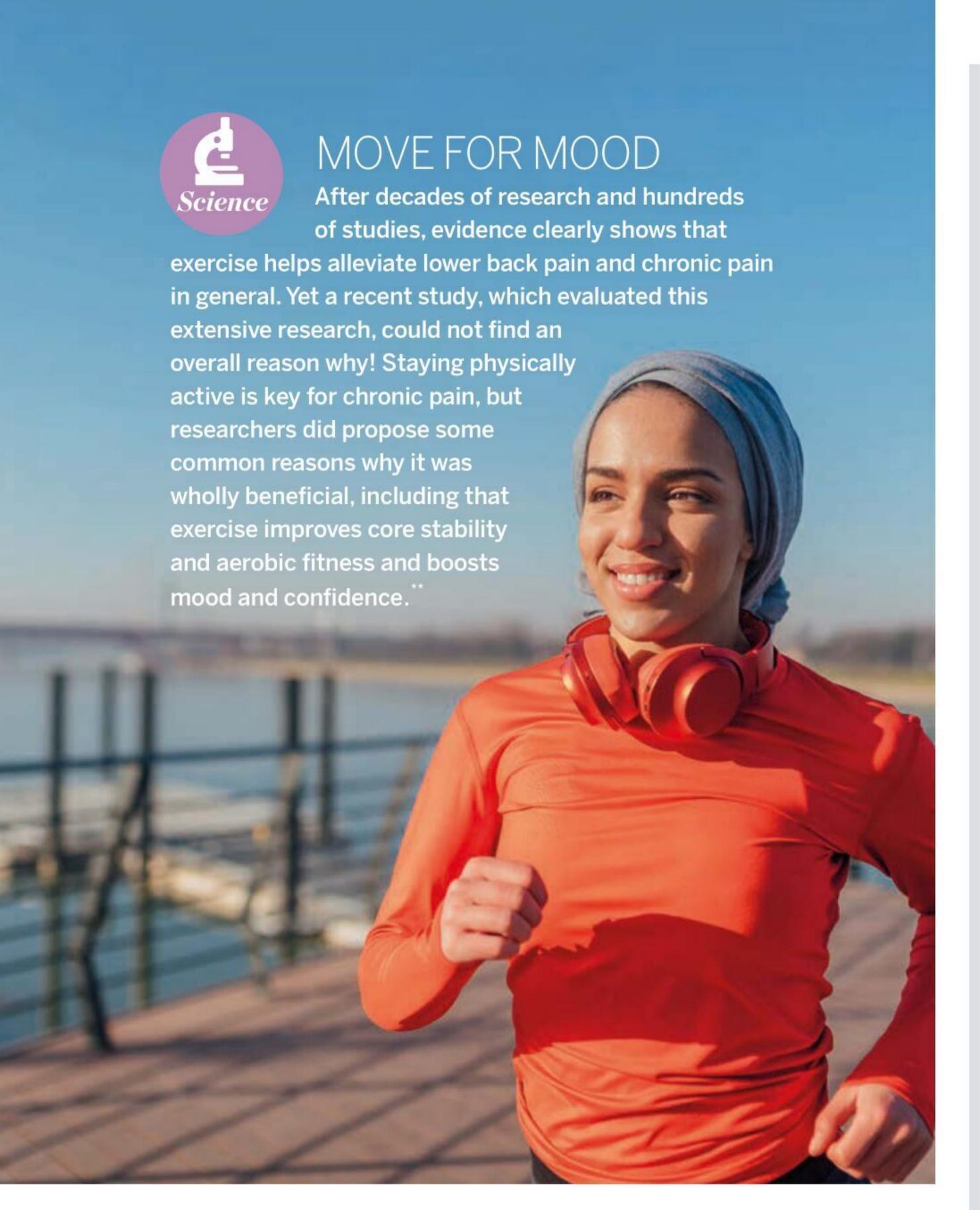


SHORELINE

Peace be with you

From a worldwide pandemic to international protests over social injustice, the past 18 months have been a turbulent time in our history, leaving many of us searching for answers. 'Inner Alchemy: The Path Of Mastery' by Zulma Reyo is a guide to understanding our inner narrative and connecting with the intuitive voice inside to help create greater harmony in our spiritual life.

of us feel that the pandemic has created greater community spirit. Plus, 80 per cent of people living in Britain vow to make everyday lifestyle changes to create a greener future for the next generation*





Core Balance fabric resistance hip bands, £12.99 for three,

corebalancefitness.co.uk

Core values

Perfect for taking on holiday or for home use without the expense and bulk of free weights, resistance bands show impressive results when up against traditional weight training. Studies found that they increase muscle strength and size† and decrease body fat in a similar way to training programmes that use free weights.^{††} And, when used together, users had even better results!#

QUOTES TO LIVE BY

66 When it is obvious that the goals cannot be reached, don't

CONFUCIUS





WE LOVE YOGA

Discover the unique holistic health benefits of each asana



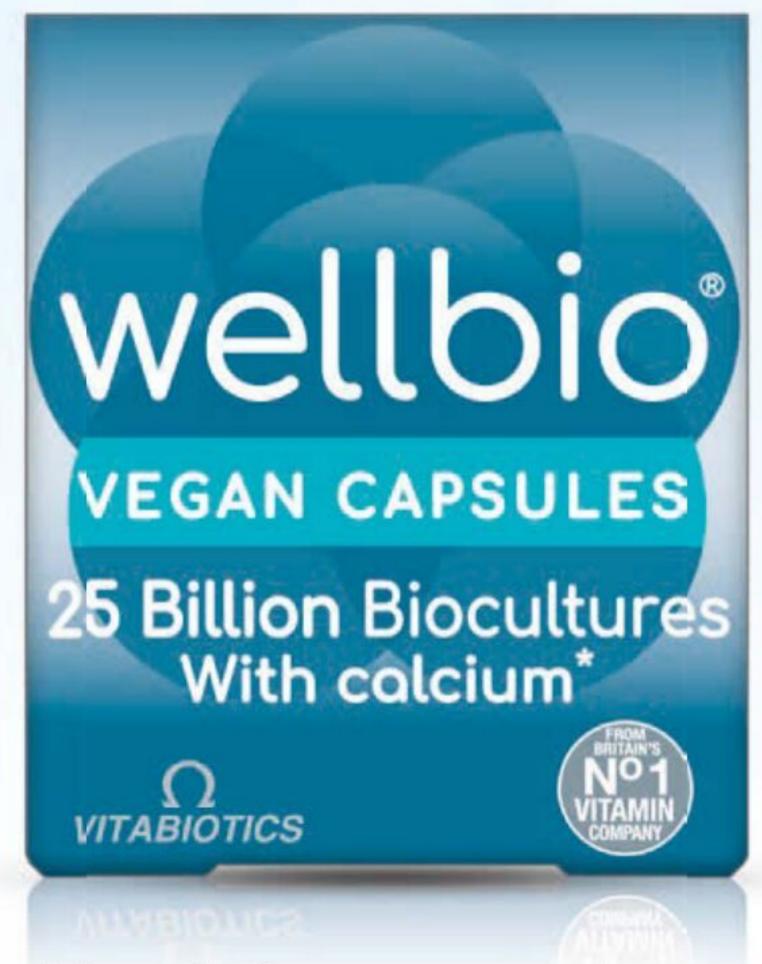
UTKATA KONASANA Goddess pose

'Utkata' means 'powerful' and 'konasana' means 'angle pose'. In this asana, summon the inner power of your feminine energy. It's great for stretching the hips and groin, strengthening the quadriceps, inner thighs and core, and improving circulation.

- Start at the top of your mat. Step back with your left foot and turn your toes outwards slightly to face out along the side length of your mat.
- Slowly bend your knees and drop your hips towards the floor until they are at the same level as your knees.
- Ensure that you energetically push your knees outwards, rather than allow them to drop inwards. Hold this strong pose with your legs, with your chest lifted, stomach engaged and spine straight.
- Take your arms and either rest them on your knees or, for more power, spread your arms wide, bend them at the elbows and squeeze your shoulder blades together - fingers pointing up, palms facing forward. Hold for 30 seconds.

Love your tummy*

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Digestive Enzyme capsules



Designed to be taken with or after meals



Advanced formula including Lactase, Lipase & Protease enzymes

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Sweet like sugar

We know too much sugar isn't a good thing for various health reasons, but having some is part of a healthy approach to enjoying our food. Nutrition Editor Eve Kalinik explains



HAVING A HEALTHY GUT does not mean we need to shun sugar altogether. In fact, sucrose – straight-up white sugar – is broken down pretty high up in the digestive tract, so

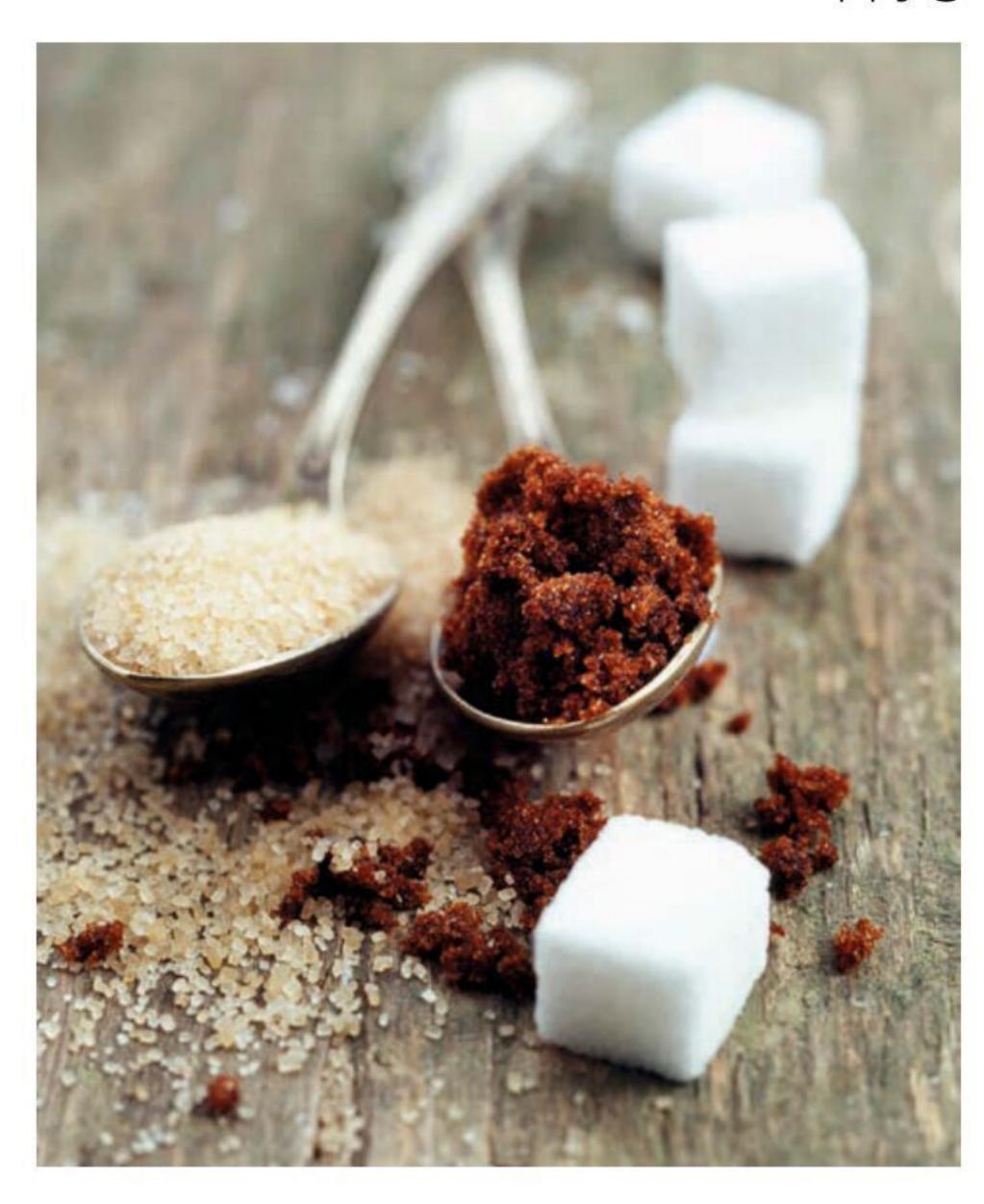
it largely doesn't reach the large intestine where most of our gut microbes live and, contrary to some opinions, have such a negative impact on our gut health. However, excessive consumption of any sugar still carries chronic disease risks, most notably type-2 diabetes. And the fact that something is labelled a 'natural' sugar, such as coconut blossom, honey, maple syrup, agave and the like, doesn't really make much of a difference. Sugar is sugar at the end of the day and it amounts to the same thing.

Wading through treacle

The 'no-added sugar' line might seem favourable, but it comes with a host of issues. The idea that artificially sweetened foods and drinks can satisfy our taste for sugar without negative consequences is highly questionable. Evidence is emerging that links certain artificial sweeteners, including sucralose, aspartame and saccharin, to metabolic diseases and, crucially, they also appear to have a negative impact on our gut health.

Research* indicates that these fake sugars may alter the metabolic activity of gut microbes and the positive substances they produce that help manage inflammation in the entire body. Even some of the more recent plant-derived versions, such as stevia and xylitol, can be highly processed with many people reporting tummy troubles after consumption.

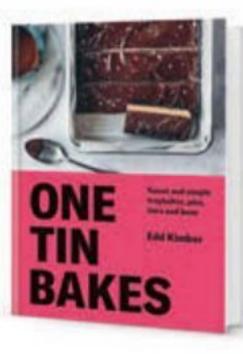
I wholeheartedly believe that, when it comes to sugar, a little bit of what you fancy does you good. One thing is for sure, we shouldn't feel guilt around sugar, because the self-imposed judgment and anxiety that comes with restriction is far more detrimental than having a bit of cake or chocolate here and there. Sugar should be part of an overall wholefood and nutrient-dense diet. We just need to be smart about it, eat it mindfully and enjoy it for the treat that it is. @evekalinik



66 All things considered, especially for the health of our gut, when it comes to sugar, I would go straight-up rather than opt for the artificial stuff ">
99

Easy as pie

Edd Kimber found fame on 'The Great British Bake Off' and has become the go-to guy for his magnificent sweet bakes. His latest book, 'One Tin Bakes', brings together a collection of beautiful and simple recipes.



• 'One Tin Bakes' by Edd Kimber (Octopus, £17.99)



Cups of kindness

The Alzheimer's Society
Cupcake Day on 17 June
encourages everyone from
novice baker to the most
accomplished piping queen
to get involved and raise
'dough-nations' for this
incredibly important cause.

• alzheimers.org.uk/
cupcake-day

I got chills...

I love the innovative frozen smoothie pots from Frill. They are packed with flavour and fibre, and hit the sweet spot for our gut health too!

• Frozen smoothie pots, £4.99 each, ocado.com





Waste not, want not

Our Eco Living Editor, Ellen Tout, introduces her book, *The Complete Book Of Vegan Compleating*, and explains how we can tackle the climate crisis with inventive cooking

hile 81 per cent of people are concerned about the climate crisis, only 32 per cent are aware of the damaging role played by food waste.*

Many more of us are trying to do our bit to make a difference and, as someone who loves to cook, my kitchen has been at the heart of changes that I have made.

My fascination with compleating – eating all edible parts of fruits, vegetables and herbs – began one Halloween. While carving a pumpkin, I looked at the waste and felt inspired to do things differently. So began an afternoon of experimentation, and a new tradition. From one pumpkin, I made soup, curry, pie and biscuits. I looked at the mass of seeds and peelings and wondered whether we could eat those too... In minutes, we were munching smoky, roasted pumpkin crisps and seeds – with nothing going to waste.

I continued to dabble and realised that most fruit and vegetables can be compleated. Rethinking the way I cook has made reducing waste fun and creative, as well as providing nutritious and delicious meals and saving money. What can you do with leftover vegetable peelings? Do you have to trim the top and root from a leek? Why don't we use the whole chilli or ginger root? Are banana peels really

inedible? Why do we hardly ever see, let alone eat, the beautiful leafy tops of root vegetables? Outdated 'rules' encourage us to waste so many parts, but we don't have to!

Nature's whole bounty

Not so long ago, people would have instinctively cooked with entire ingredients. Offcuts might have been simmered in stock, leftover lemon skins used for cleaning and peelings blended into soup. In our fast-paced world, we are less connected with our food's journey, and waste often feels unavoidable. Compleating is an easy way to change that – and introduce more colour and goodness into our diet. Keen to learn more, I trawled the internet for a book about compleating. I found hundreds that included tips for cooking with leftover or offcut meat or dairy but not a single book dedicated to waste-free, plant-based eating. That sparked the seed of an idea that continued to grow. As author Toni Morrison said, 'If there's a book that you want to read, but it hasn't been written yet, then you must write it.' Over the past two years, I have researched, tested and tasted my way through every fruit, vegetable and herb, and I am proud to share my book on compleating with you.



Why do we hardly see, let alone eat, the beautiful leafy tops of root vegetables?
Outdated 'rules' encourage us to waste, but we don't have to! ""







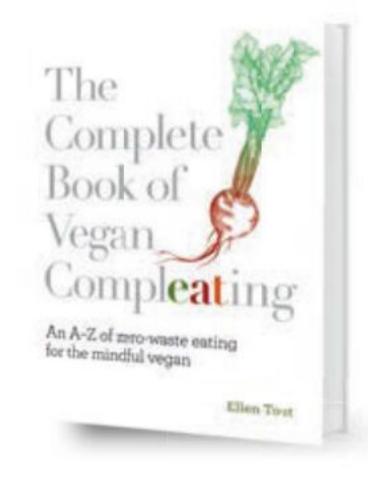


Try some of my simple 'root to shoot' recipes and begin your journey to compleation!

- Homemade apple cider vinegar: Make your own cider vinegar from leftover peels and cores. Place in a jar with 1 tablespoon of sugar and enough water to cover. Stir well and cover with a piece of muslin secured with a rubber band. Leave for 1 month, stirring often. Strain out and compost the fruit. Cover and leave for another month, until vinegary.
- Offcuts broth: Most vegetable peels, offcuts and ends are ideal for making homemade, waste-free stock. Place in a large saucepan, cover with water, add a little salt and simmer for 40 minutes. Strain and compost the vegetables and decant the stock into bottles. Try making this with a handful of asparagus ends the perfect stock for making risotto. Or use the cobs and husks from corn on the cob to create a tasty stock for a chowder.
- Lemon-infused olive oil: Pour 250ml olive oil into a saucepan. Add the leftover peels of three lemons. Simmer on a low heat for 15 minutes and strain into a glass bottle.
- Carrot top pesto: In a food processor, blitz 70g carrot tops with 10g fresh basil, 1 chopped garlic clove (add the skin too), 3 tablespoons chopped walnuts, 2 tablespoons lemon

juice, 3 tablespoons nutritional yeast, 1/4 teaspoon salt, 3 tablespoons olive oil and 1 tablespoon water. Blend well.

• Chocolate mousse: Aquafaba (the liquid from a can of chickpeas) gives mousse a light and fluffy finish. Melt 100g chocolate and set aside to cool. Meanwhile, in a bowl, use an electric whisk to whip 100ml aquafaba. Whisk for 10 minutes until stiff peaks form. The change really is amazing! Fold in the cooled, melted chocolate to combine. Taste the mousse and add sweetener, such as agave or maple syrup, to taste. Decant into ramekins and chill for a few hours before serving.



Reader offer!

Ellen's book 'The Complete Book Of Vegan Compleating' (Nourish, £14.99) is available for pre-order now

'Psychologies' readers can save 30% with the offer code' COMPLEAT21' at tinyurl.com/psymag



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YES THERE IS LIFE AFTER DEATH
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By practicing a few simple meditation based exercises, you can live with a new found vitality, completely free of all the stress, fear and worry about death.

If you don't have a fear of death, you won't have a fear of life!

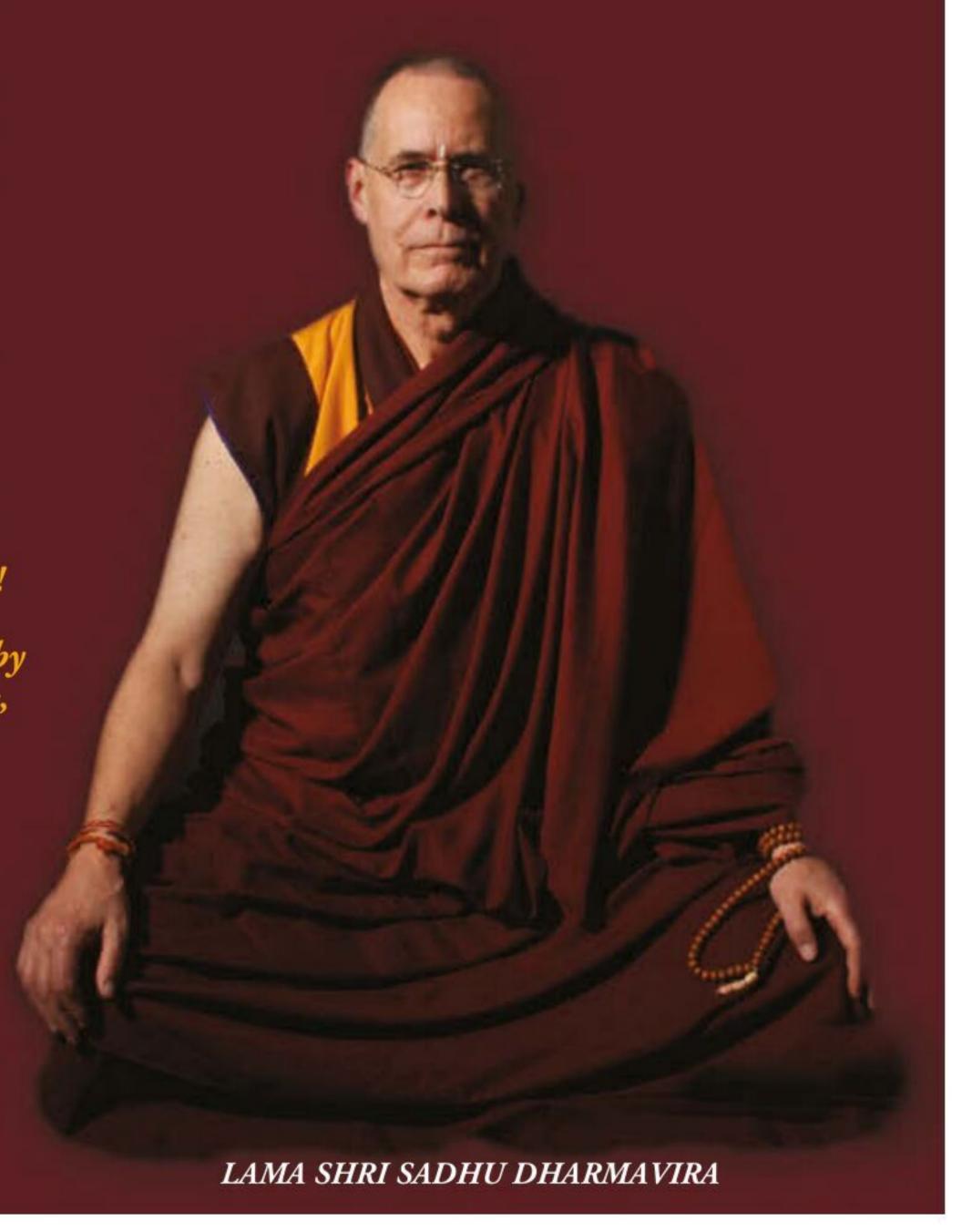
This unique workshop was developed and is taught exclusively by Sadhu, who is a monk in both the Zen and Tibetan traditions, and has been training for over 50 years.

This workshop is taught for health and wellbeing and is open to everyone.

Booking now for workshops in London and York.

To ensure quality teaching, workshops are limited to a maximum of 8 participants.

To receive full details about the workshop and its benefits, please telephone: 01723 862 496 (calls taken between 8am - 6pm, 7 days a week)



The

Complete'

Compleating

An A-Z of zero-waste enting for the mindful vegan

Book of



What's the big deal about food waste?

Author Ellen Tout explains how eco warriors can help save the planet – from their kitchens



IT'S FAIR TO SAY THAT
I'm more than a little
obsessed with the issue of
food waste. In our home,

every scrap, offcut and leftover has a purpose. But what's the problem with discarding those parts? In the UK, 70 per cent of the food we waste could have been eaten. If nothing else, that's frittering away money! Our edible waste every year equates to more than 15 billion meals – enough to feed the entire population of Britain three meals a day for 11 weeks.*

When food reaches landfill, it can't compost naturally and takes many years to degrade, releasing methane in the process. This is responsible for eight per cent of global greenhouse gases and is a direct contributor to the climate crisis. Composting food waste is a more environmentally friendly option – at home where possible – to reduce the impact of refuse van collections.

Food production uses valuable resources, including land, energy and water, as well as producing emissions from transport to warehouses, shops, our homes and the trucks

Read

that collect our waste. Bearing that in mind, wasting food just doesn't make sense.

I try to employ the concept of 'refuse, reduce, reuse, repurpose, recycle and rot'. Following this principle, there are many creative ways to make use of the food we perceive as waste. Coffee grounds give nitrogen to soil in the garden, onion skins make a health-boosting broth, coconut shells are perfect as upcycled planters, many seeds can be saved and planted, vegetable tops make a delicious, leafy pesto – and that's just scratching the surface. We all have a role to play in protecting our planet and responsible food consumption is a powerful, yet simple, place to start.

It has been an immense honour to write this column for the past three years but, sadly, this will be my last. I've learned so much while researching it, and have been thrilled to receive emails and messages from readers, sharing tips and questions. Thank you! Please stay in touch via social media. I hope my book (see below) will provide inspiration to create nutritious and waste-free meals at home.

Ellen

Psychologies Eco Living Editor



Compleating' (Nourish, £14.99) is available for pre-order now. 'Psychologies' readers can save 30% with the offer code 'COMPLEAT21' at tinyurl.com/psymag Follow @Ellen_Tout and @compleatly_vegan on Instagram; ellentout.com



Upcycled beauty

Sustainably packaged and made with repurposed ingredients, such as date seed extract and used coffee grounds, UpCircle's products brilliantly rethink food waste.

 Body cream with date seeds, £24.99, and coffee face scrub, £12.99, upcirclebeauty.com



Cheers to change!

Sea Change makes wine for conscious consumers: no unnecessary plastic, marine illustration labels made from grape waste, and natural cork stoppers. Every bottle sold helps fund green causes too.

 Chardonnay, merlot and rosé wines, from £10,49, seachangewine.com

Advertisement

HEALTHY LIFESTYLE

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Detox your body every day

ach day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body.

But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

TEST YOURSELF:

Do you have a sluggish liver?

	yes	no
1. Headaches or brain fog	0	0
2. Difficulty losing weight	0	0
3. Indigestion & burping after meal	0	0
4. Fatigue	0	0
5. Skin itching and brown spots	0	0
6. Coated tongue	0	0
7. Sensitive to strong smells	0	0
8. Elevated triglycerides	0	0

Does this sound like you? Then try Active Liver™ as a help to promote your liver health.

DETOX WITH ONE TABLET A DAY

Active Liver™ is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body – without the "side effects".



THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.



Active LiverTM contains milk thistle, an herb known for protecting the liver and reducing heavy metal toxicity. It also contains turmeric, a superfood and one of the most anti-inflammatory and protective antioxidants known. Finally, Active Liver contains globe artichoke, a plant used for centuries for increasing bile production. Bile is used to bind and flush toxins and fats from the body.





You can find Active Liver[™] at your local Holland & Barrett and leading Health Food Stores.



HOME DELIVERY

Order Active Liver™ today and get it delivered straight to your door.

Go to newnordic.co.uk hollandandbarrett.com or online health stores

OR CALL NOW 0800 389 1255







~ INDEPENDENT~
Health Food Stores



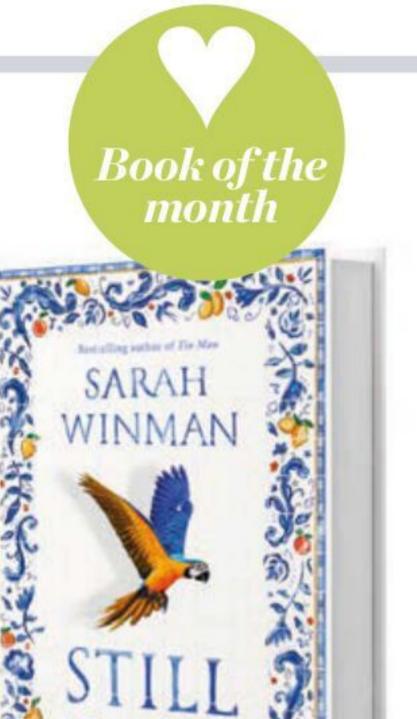
The Retreat

Home • Food • Books • Podcasts • Travel • Wisdom



The Words

Is there anything finer than a sunny afternoon of literary escapism? Not in our book! Feast your eyes on our brilliant summer reads



STILL LIFE

By Sarah Winman (HarperCollins, £16.99)

A gorgeous, character-driven story of kind hearts and kindred spirits who redefine the meaning of family and friendship in glorious, heat-drenched Italy. It's 1944 and Ulysses Temper, a young British soldier, meets 60-something art expert Evelyn Skinner in a wine cellar in Tuscany as Allied forces advance and bombs fall.

She's come to save precious paintings from ruin, he's about to change the course of his life. Inspired by their conversations about beauty, art and love, Ulysses moves from the greyness of London's East End and takes root in Florence with his friend, the soulful Cress. Emotionally damaged, the men, alongside colourful visitors, lovers and family, are restored to their best selves in this hopeful, happy and intense novel.

Ever tried.

Ever failed. No
matter. Try again.
Fail again. Fail
better 99

SAMUEL BECKETT, WORSTWARDHO



LOSTINTRANSLATION

Promaja (n)

Language: Serbian
The summer phenomenon
that occurs when you have
doors and windows open
for the circulation of fresh
air, which causes a whirling
draught that slams doors
shut on the opposite end
of the house or sucks the
curtains out the window!

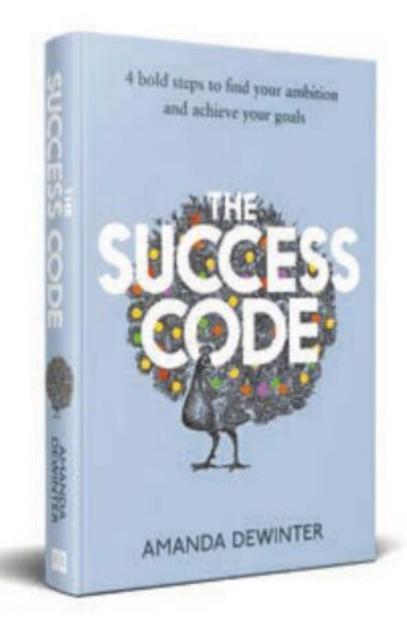




DISCOVER...

THE SECRET TO YOUR SUCCESS

Executive coach and social scientist Amanda Dewinter has the code we are all seeking – that to our individual success. Whether you want to pursue a qualification, land a promotion or job or change direction in your life or career, Dewinter has a four-step plan to help you learn how to achieve your version of success through coaching, neuroscience and cognitive psychology. This is a game-changing book.



• 'The Success Code' by Amanda Dewinter (HQ, £12.99)



Paper therapy

DEAR INNER CRITIC...

When you're being self-critical, write a letter to yourself in your journal. Start with 'Dear (your name), I am the voice of self-compassion and this is what I want you to know...' (follow on from here). Sign off with 'Love from, Self-Compassion x (don't forget the kiss!)

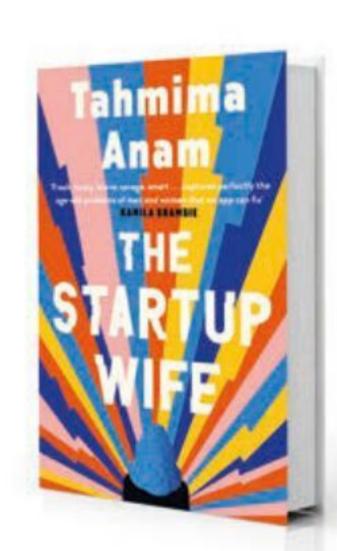
Jackee Holder is author of '49 Ways To Write Yourself Well' (Step Beach Press, £12.95); jackeeholder.com. Read Jackee's column on page 37 Ted Baker Magnolia notebook, £16.95, annabeljames.co.uk

66 I had the epiphany that laughter was light, and light was laughter, and that this was the secret of the universe 99

DONNA TARTT, THE GOLDFINCH

THINKING WOMEN'S FICTION

Meaningful novels that explore gender roles, racism and mental health issues

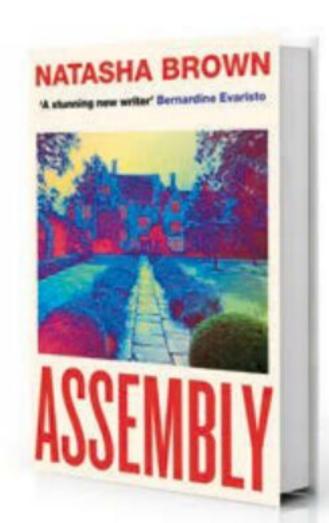


The Startup Wife By Tahmima Anam (Canongate, £14.99)

Asha Ray, a high achiever in computer coding, has her eye on career kudos, until a chance meeting with high school crush Cyrus Jones upends her plans.

The pair design an app that creates rituals for non-religious people, building a social network that brings meaning to millions of lives. While Asha remains behind the scenes,

Cyrus takes centre stage in this funny, fierce novel that shines a spotlight on gender bias, work-life balance and cultural clashes.



Assembly By Natasha Brown (Penguin, £12.99)

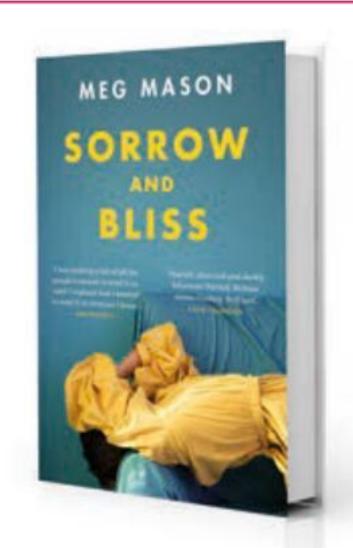
Natasha Brown's debut is short, smart and angry. The narrator, a banker, is a young black British woman, who has just about had enough – of racism, everyday aggression, office politics and the casual dismissal of her feelings.

While at a garden party at her boyfriend's family estate, she begins to reassess her life, fragment by fragment – each elegant observation cutting to the hard heart of difficult truths about race, class, freedom and choice.

Sorrow And Bliss By Meg Mason Orion, 514,00)

(Orion, £14.99)

Martha is self-aware, observant and loved. Realising that she finds it 'more difficult to be alive than other people', she recounts the story of her broken life, failed marriage and her bouts of crippling depression in a voice that is



tender and dark as a bruise. Forced to live with her dysfunctional parents and envious of her sister and her new baby, it's a candid look at the way mental illness can derail a life, but it's also full of hope as Martha makes amends, embraces change and looks to the future.







CLOCKWISE, FROM ABOVE Writer Mel Parks and her mother on their hike; the rushing Afon Sawdda river; a majestic red kite soars above



"Could rewriting these stories and rewriting myself as a confident, creative person alter my inner beliefs about the value of my words?"

AS THE CAR ENGINE CLICKS to cool down, my mum and I are greeted by the gurgling sound of the Afon Sawdda river. I inhale the mountain air and smile. I love the wild, remote, barren beauty of this hilly landscape on the edge of the Brecon Beacons. It is easy to see how the Welsh lady of the lake story evolved from this magical place.

The lady of Llyn Y Fan Fach, not to be confused with the Arthurian lady of the lake, was said to be the mother of three medieval herbalists. She emerged from the lake and married a farmer's son, but returned to the otherworld after he struck her. Her assertiveness is particular to Wales and unusual in stories of fairy wives. It was that quality I wanted to harness as I began the final project of my MA in creative writing.

The women in me

I imagined her watery, dream-like qualities and reinvented her on the page as an artistic mother to explore my creativity. Since beginning my part-time masters degree, while earning money and caring for my children, I struggled with the guilt of making time for myself to write and study. There was a pull between what I wanted to do and what I felt I should be doing.

I battled with my inner critic and felt that nothing I wrote was good enough. I had to overcome the debilitating anxiety of perfectionism and manage my creative life alongside mothering if I was going to continue writing. I decided to research the story of my creativity, which meant delving into my past, then further back into my 'motherline' of strong, Welsh, working-class mothers, including the ancient, female

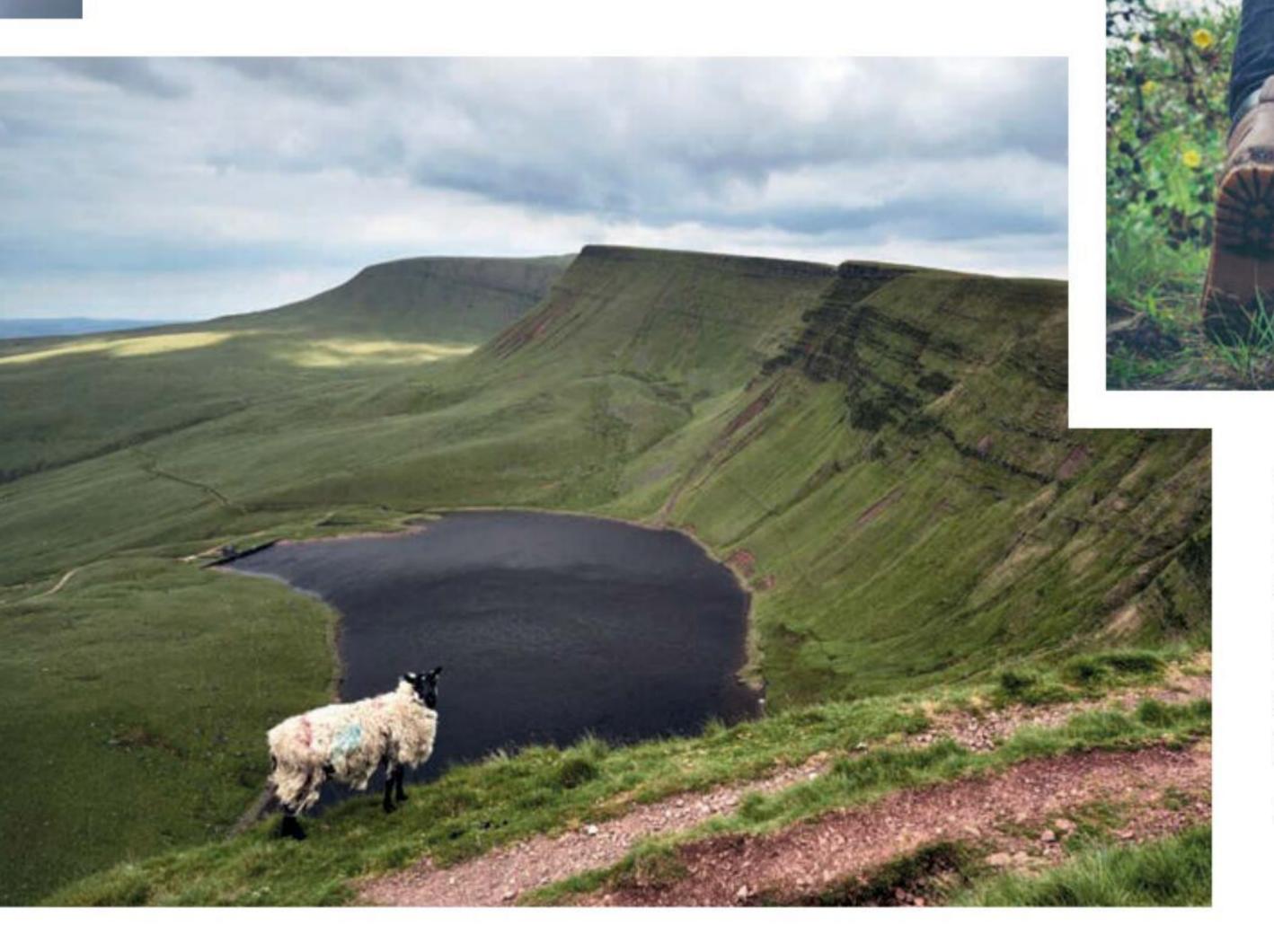
wisdom of the lady of Llyn Y Fan Fach. Could rewriting these stories and rewriting myself as a confident, creative person alter my inner beliefs about the value of my words?

Blood and legacy

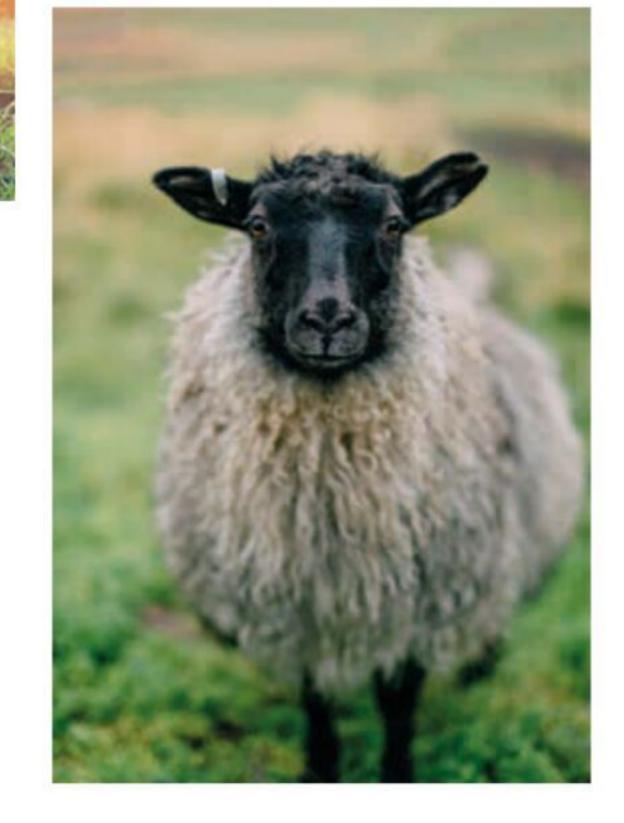
I was inspired by Sharon Blackie, author of *If Women Rose Rooted: A Life-Changing Journey To Authenticity And Belonging* (September, £9.99), who urges us to return to the land and connect with the 'lost power of Celtic women' by discovering what stories have to teach us. While the women in my family always worked hard, I wondered where my creative compulsion came from – Mum is sporty and practical, my grandmother was a secretary and homemaker and my great-grandmother was an illiterate fishmonger.

The answer came as we stood on a street corner in Llandovery before our hill walk. We didn't know what we were waiting for, but spontaneously decided to join the gathering crowds. We heard the drums, then a marching band rounded the corner and carnival floats followed, topped with miners, rose queens and pixie kings. I remembered when, aged eight, I was a carnival rose queen. My mum had made my white dress and congregated with other mothers to fashion hundreds of paper roses.

I realised that while my creativity centred around words, the mothers in my family used creativity in practical ways to make ends meet. We may not have had shelves of books, but I left the library with armfuls of stories, which Mum read to me. She filled egg cups with orange squash to freeze overnight on







"It is a family history of make do and mend; of getting by, peppered with plenty of chatting and laughing"

our caravan roof as ice lollies. She split a sheet and sewed the edges together to make it last longer. She took in neighbours' clothing alterations and knitted Fair Isle to order.

Shape-shifting words

My grandmother's favourite saying was 'waste not, want not'. It is a family history of make do and mend; of getting by, peppered with plenty of chatting and laughing. Instead of talking, the words well up inside me until they spill onto the page, but the stories have always been there.

My mum has endless creative curiosity. I am reminded of this as we notice birds of prey circling above the Llanddeusant red kite feeding station. We giggle on the narrow rollercoaster lanes and hope no one is driving the other way. We wonder how the lady of the lake could have

walked this far and how muddy her dress would have been. She is starting to live in our imaginations and in us.

We walk uphill, following the stream and waterfalls pooling in clear hollows. With the wind in our ears, we notice blossom on woody tree stumps and the hills and valleys beyond. At the edge of the lake, nestled in the escarpment of Bannau Sir Gaer, I sit on a rock with my notebook and listen to echoing sheep and birdsong. Sun and wind make ripples on the lake, shadows on the ripples and sparkles in the distance. As I stare at the circles, a fish jumps out. Then, a splash, as someone skims stones. I do not see the lady of the lake, but I feel a sense of nurturing peace in the tranquil scene. I forget about creative struggle, the pressure of work, earning money and family demands. Stories and walking help us forget as well as remember and, for a moment, that is all I need.

Embark on your own story pilgrimage

Is there a legend or place of natural beauty that speaks to you? Use it to explore your creativity and identity

- PICK A TALE that draws
 you and find out if it evolved
 from a particular place. Or
 start with a nature spot that
 you love or feels mysterious.
 Does it have a story?
- WALK THERE. Slow your
- pace. Notice details. Sit for a while. Close your eyes. Imagine past worlds and people.
- TAKE NOTES. Describe or draw what you see, hear, smell, taste and feel. Later, freewrite (write without stopping) about

memories, thoughts or emotions that came up for you.

• WRITE THE STORY as if it was your own. Reimagine the ending. Take a character, even a bit player, and bring them to life on the page.

VISIT LLYN Y FAN FACH
Park at Llyn Y Fan Fach car park
in Llanddeusant, Carmarthenshire,
and follow the path uphill next to the
stream until you reach the lake.

For the more adventurous, there is a longer walk over the ridge to Llyn Y Fan Fawr, a bigger lake.

Myddfai Visitor Centre: myddfai.org Llanddeusant red kite feeding station: redkiteswales.co.uk

When the living is easy

It's the season to enjoy our green spaces at their best, but don't take your eye off your gardening tasks in the headiness of summer, writes Dav Piper



MOTHER NATURE AT HER PEAK

THE WONDROUS TIME we dream of all winter is here – long, hot, lazy summer days bursting with blooms and buzzing with bees. The gardens are reaching the pinnacle of their growth, so sit back, relax and enjoy the fruits of your labour.

Throughout the difficulties of the past year, it has made my heart sing to see so many people investing in natural spaces – coming together in the great outdoors, discovering the joys of gardening and finding solace in nature. I hope this is something many of us will continue far into the future.

It's not too late to pad out the borders with summer colour or grab last-minute hanging baskets.

Tomatoes still need pinching out and there is always work to be done on the vegetable patch. Fruit is beginning to ripen on the trees and cut flowers are readily available.

There's plenty of weeding to be done and be conscious of water levels, especially for newly planted gems.

But, above all, enjoy all that summer has to offer. Let the heat melt away your cares. Spend time in mindful contemplation, enjoy the smells of freshly cut grass, roses and flowers. Listen to the birdsong. Pay attention to the insects going about their business. Soak it all in.

Whether working or relaxing, you will find me spending more time outside than indoors. Summer is the season to heal and rest, and I cannot bear to waste a precious second.

This period feels like a reward to be enjoyed, a time for making new memories and reconnecting with those from whom we have been separated. Allow yourself lazy moments – the temptation to rush back to things can be countered in slow summer days. Let go of the past and move forward at a gentle pace, into a world where the outdoors is treasured.

Psychologies ambassador and gardening columnist

Our conscious gardening writer, Dav Piper, is the founder of Piper Gardens. Find out more at pipergardens.co.uk



Arrabbiata harvest

There's nothing more satisfying than growing, picking and cooking your own produce. This seed collection contains tomato, basil and chilli seeds – all you need is some patience and pasta!

Tomato Sauce Seed Collection, £9, thegreyworks.com

2,000

people took part in a nationwide study that found more exposure to nature translated into greater community cohesion and substantially lower crime rates.* A green solution to social problems, not to mention the mental health benefits



SUMMER SURVIVORS

Select the right plants and save water in dry heat





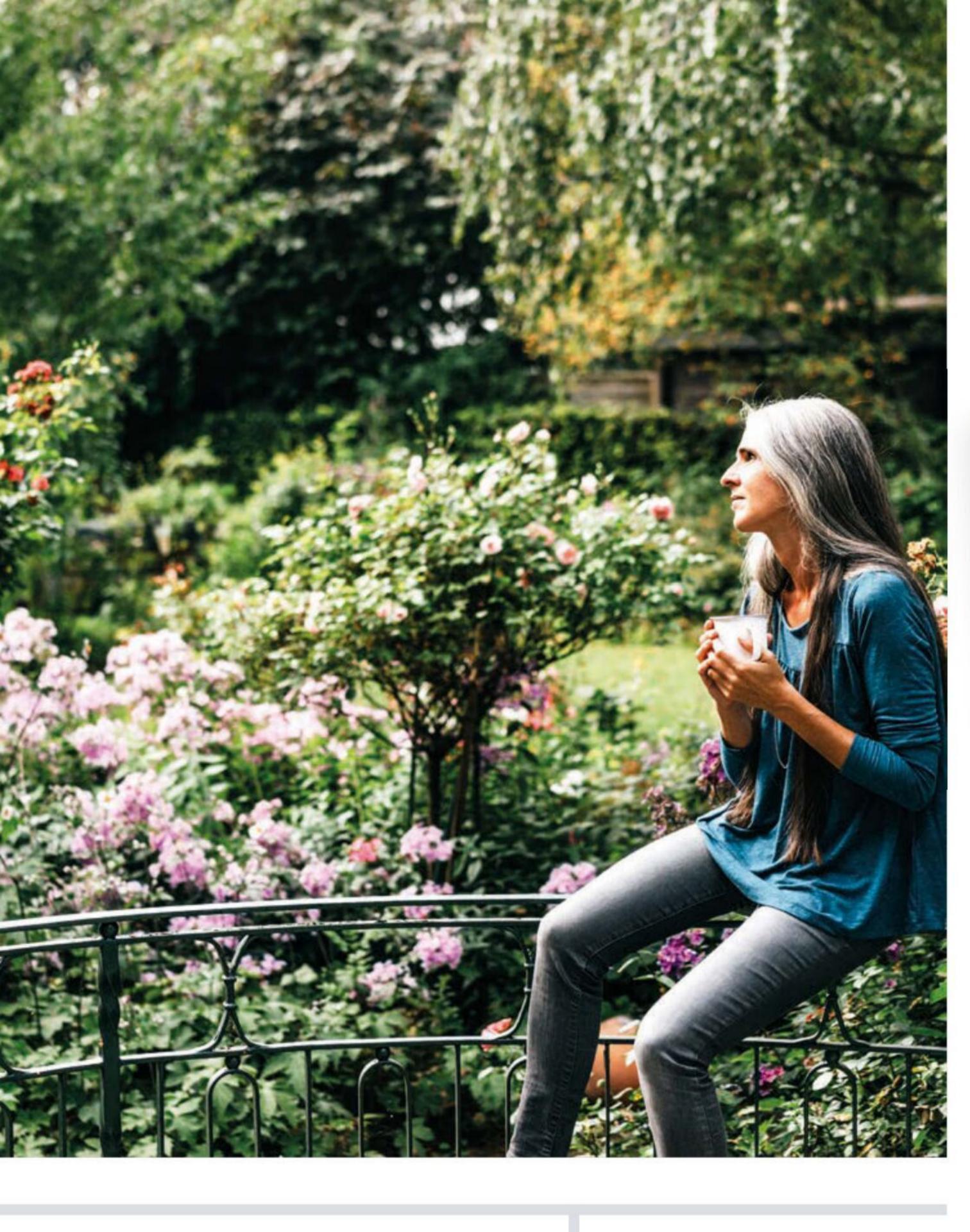
IF THE PAST FEW SUMMERS are anything to go by, there is a pattern of dry weather. This presents a challenge to keep plants and lawns healthy.

Constant watering is not good for the environment and is time-consuming but, if you don't keep it up, plants can be lost to the heat. The solution is to carefully consider what you plant where. For spots that get full sun all day, research drought-tolerant plants. Not only do they survive better in the heat, you can create a stunning Mediterranean look in borders, pots and baskets.

Herbs are a fantastic option for a dry spot – they are attractive and drought-tolerant and provide scent to add to the atmosphere. Purple sage is one of my favourites, but you could try lavenders, rosemary or oregano. Salvias, in the sage family, come in a wide variety – annual and perennial – and do well in the heat.

There are several shrubs to choose from too. The buddleia is no longer viewed as just a menace that thrives on railway lines – there are dwarf varieties that are perfect for pots, and sterile so they don't spread. Olive and fig trees do well in a sunny spot if you give them a large enough pot.

Be creative and water wisely. Taking a bit of time to make informed choices will repay you with effortless beauty in an easier-to-care-for garden.





Song in my heart

The new book 12 Birds To Save Your Life:
Nature's Lessons In Happiness by Charlie
Corbett reveals nature's wonderful ability
to ground us and offer perspective in tough
times. It also helps us identify birds – what
they look like, sound like and where to find
them. Open your ears and mind to the
healing gift of the natural world through
the stories of characterful birds.

TO LIVE BY

66 Knee-deep in
my garden's
soil, seeds
strewn in my
hair. Sunshine
streaming,
flowers
dreaming, bliss
without a care ??

ANGIE WEILAND-CROSBY





ABOVE Explore the coastal trails and shimmering bays of hiker's paradise, the Cami de Ronda

LEFT Ancient Girona was a camera-ready backdrop for Game Of Thrones

BELOW Rest under blue skies and have a dip in the pool at styish Hotel Camiral he Cami de Ronda, in the Catalan province of Girona, is the lesser known little sister of the Camino de Santiago – but no one could call her the plain one. I find her exquisite, curling along the edges of scalloped bays, linking coastal villages and mysterious coves, fisherfolk and hikers.

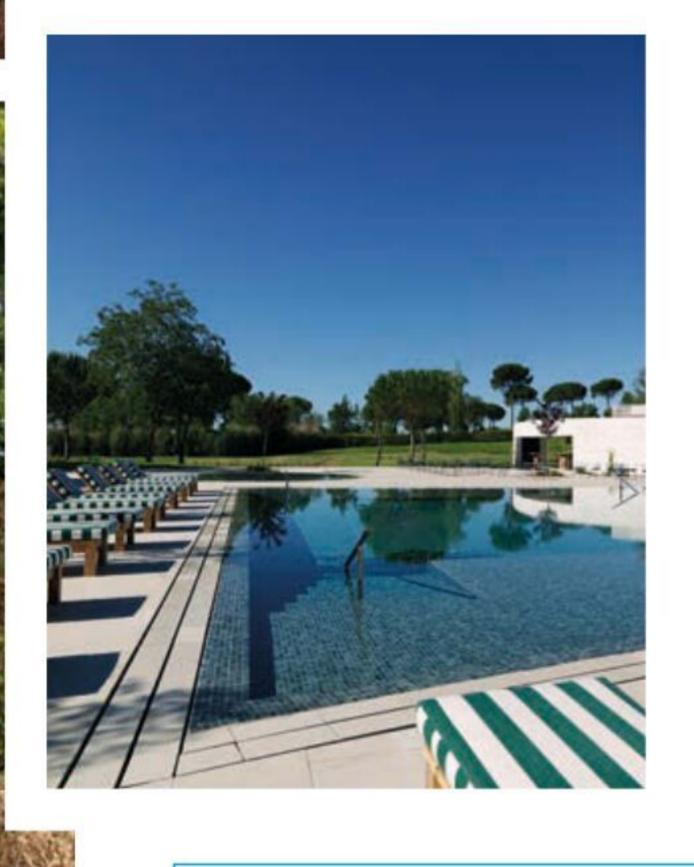
This trail is not a pilgrimage like Santiago, rather, it was a route for guards on the lookout for smugglers, and her tales are dangerous and wild – Costa Brava! My guide, archaeologist Daniel Punseti, is a human library of Catalan culture and politics. At the ruins of an Iberian settlement, we trace the ghostly foundations of a humble house and examine shards of pottery, yet to be excavated. As I gaze over the Mediterranean from a precarious cliff, Daniel tells me how the road from this village cut sharply to the sea – for sustenance, connection and escape by boat!

Mystical past

The following day, I explore medieval Girona with historian Marc Sanchez. 'Don't kiss the lioness's bottom,' he warns of the famous statue and tradition as I pucker up, 'too many have done so!' Folklore dictates that, if you demean yourself thus, you are certain to return – and I am happy to oblige in this time before Covid – but think better of it and follow him along the banks of the Onyar instead. The riverbed is dry and he shows me where wild boars have been scuffling in the brush. Up countless cathedral steps, atop city walls, under tiny archways and through constricted alleyways in one of the best-preserved Jewish quarters in the world, I am bewitched by Girona's cultural complexity.

I learn the difference between a basilica and a cathedral (a basilica has a papal nod; in Girona's case, the 'miracle of the flies', which buzzed from the tomb of Saint Narcissus and attacked the French). I see deep pools where menstruating women were made to bathe and Marc tells me that Jewish people only had more money because Christians gave a tithe to the church.

Now I must leave, and I regret not kissing that leonine behind... but this is true love, and I will find my way back.



Your Catalan experience: Vee stayed at Hotel Camiral at PGA Catalunya Resort, perfectly located to explore the Cami de Ronda and romantic Girona. Room rates from £177 pp on a bed-and-breakfast basis; hotelcamiral.com; pgacatalunya.com; camideronda.com; gironaexperience.com. Always check government guidelines before travel

Reconnect in peace and beauty

Days at home are not always meaningful family time, writes Caroline Sylger Jones, who found the antidote on a riverside retreat for three in Devon



COME AWAY WITH ME

SOON AFTER the third lockdown, we

went on a family retreat of sorts in our bubble of three to The Bathing House. Set on a bend of the River Dart on the Sharpham Estate in South Devon, this one-bedroom historic haven is self-catering, private and next to a vineyard – the perfect mid-pandemic retreat when we were not officially allowed to do much. We took our own DIY retreat tools: a Vitamix blender, art supplies, yoga mats, bikes and guitar.

My 10-year-old daughter,
Annoushka, was initially livid there
was no wifi, but soon found herself
writing stories and composing songs
instead of playing the Roblox that had
become a social lifeline to her. We
knew mobile phone reception would
be patchy, so Tom and I worked hard
beforehand so we could fully embrace
the disconnect and switch off.

The terrace overlooking the water became the setting for most things. My dawn yoga and Tom's river dips, listening to the resident woodpecker and watching the early morning mist rise off the river. Family breakfasts, afternoon guitar playing, sketching and

stone painting. Watching boats and paddleboards pass by, and herons and egrets swoop and dive. Lingering to talk properly as a family which, with our daughter in her last term at primary school, felt most precious of all.

We did get out. To walk the private estate trails, and cycle five miles to Totnes and back along a path with heart-lifting river views. To eat scrumptious food at the Cellar Door cafe and drink Sharpham wines.

Mainly, we enjoyed the fact we were anywhere other than in our own house or garden, with nothing too familiar or taxing to annoy or unsettle us.

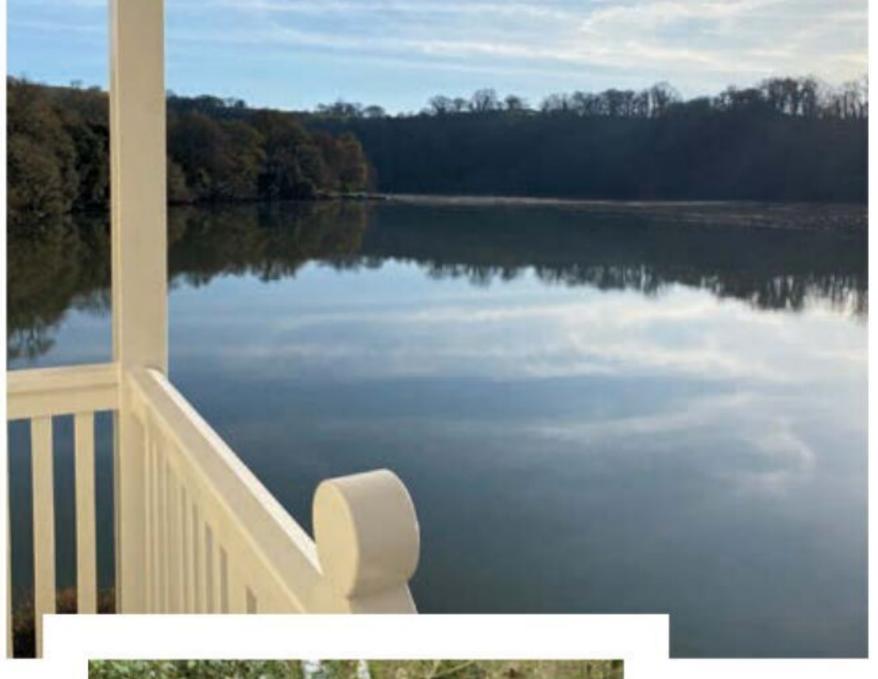
Annoushka slept well on a sofa bed in the octagonal tower dating back to the 1770s. It also serves as a charming sitting room with a log fire that kept us toasty. Tom and I were in the double bedroom, which has a pretty balcony.

Our break gave us the comfort, space and time we needed to rest and reconnect during this difficult time.

Just what the retreat doctor ordered.

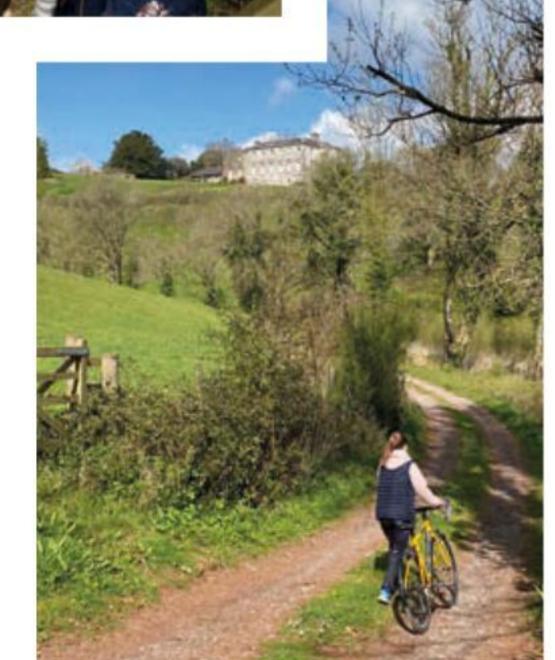
Caroline

Psychologies Retreat Editor and founder of queenofretreats.com





CLOCKWISE
FROM ABOVE
Tom and
Annoushka
Sylger Jones; the
river view from the
bedroom balcony;
plenty of ways
to enjoy the
water at The
Bathing House;
cycle through
The Sharpham
Trust estate





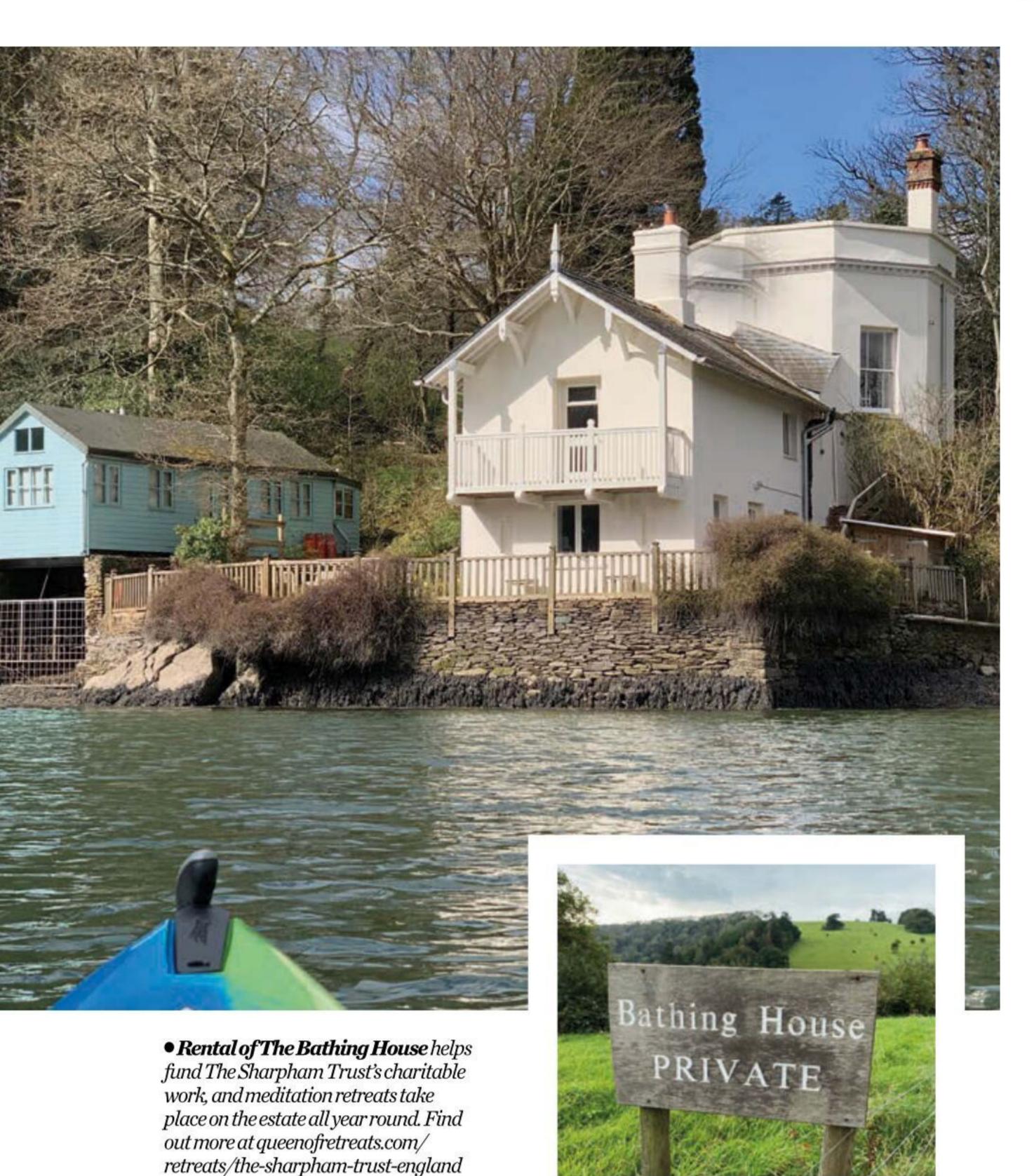
Create room for growth By decluttering expert Kate Emmerson

To fully embrace your retreat, let go of what no longer serves you. Declutter your inbox, tick off your to-do list, clear out spaces to minimise your energy drains, whether it's your wardrobe, desk or fridge. Bring harmony to relationships with brave conversations, writing a letter or saying sorry. By releasing stuck energy, you free up space in your mind for new ideas.

• Kate is co-creator of The Writing Room Retreats. Find out more at queen of fretreats.com/company/the-writing-room-retreats

PHOTOGRAPH: GETTY IMAGES. "ALWAYS CHECK GOVERNMENT GUIDELINES BEFORE TRAVEL

ueen of Retreats



QUOTES TO LIVE BY

> WALT WHITMAN



• Long harem pants in Sage, £69, asquithlondon.com

TAKE THIS ON RETREAT

Asquith harem pants, made from sustainable bamboo, are a great find for your suitcase, whatever retreat you choose. With a comfy and flattering foldover waist and deep pockets, they are ideal for yoga, Pilates, barre or just lounging about. They come in a range of lovely, gentle colours, including my favourite shade, Sage. Asquith is committed to using fabrics that have limited social and environmental impact, and feel gorgeous against the skin.



HOLISTIC BREAKS FOR THE AUTUMN

Beautiful retreats to help you re-engage with yourself, your life and your loved ones



Wonderment is a unique retreat festival in Berkshire packed with wellbeing activities to

suit all tastes. Childcare is available. (From 16 to 19 September – just before the autumn equinox.)

Presilience Flow with Resurface is a truly transformative surf-therapy break in North Devon (17 to 20 September).





3 Radical Sabbatical with Advivum Journeys is a coaching retreat in a

Kent manor house for those ready to start a new chapter (20 to 25 September).

Healing the Ancestral Line with Holy Mama, Ibiza, will delve deeply into your mother-daughter relationship and clear any blockages (9 to 16 October).



Safe to Surrender with Soul Adventures, Ibiza, is perfect for solo travellers

to grow with kundalini maestro and shamanic practitioner Trish Whelan (20 to 24 October).

6 The Pilates and Wellness retreats with Dolphin's Leap in the Greek village of Lefokastro, a calm setting on the Pagasetic Gulf, will replenish your spirit, revitalise your body and ease your mind (dates vary).

• For more information and honest, independent reviews of these retreats, go to queen of retreats.com

The Cornish table

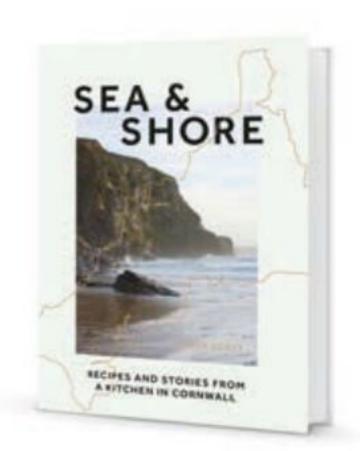
Bring a taste of Cornwall to your kitchen with recipes inspired by the ebb and flow of the tide and seasons, and dreams of playful summer days

EDITED BY EMMA COXON PHOTOGRAPHS KIM LIGHTBODY

lessed with beautiful beaches, pristine waters and miles of wild coastline, Cornwall is blissful all year, but especially in the intoxicating warmth of summer.

A foodie's paradise, it's perfect for fishing and foraging, cultivating the finest produce, and famous for its fresh seafood and indulgent cream teas.

In 'Sea & Shore' (Hardie Grant, £26), chef and restaurateur Emily Scott shares her passion for seasonal Cornish produce. The cornerstone of this lovely book, resplendent with snaps and stories from this stunning region, is a celebration of simplicity. Scott believes that with the best ingredients that nature has to offer and a sprinkle of enthusiasm, we can make any plate sing. From fish dishes and seasonal salads to humble and homely fare, evoke the sensual pleasures of Cornwall at mealtimes.



'SEA & SHORE: Recipes And Stories From A Kitchen In Cornwall' by Emily Scott (Hardie Grant £26)

CORNISH CRAB LINGUINE WITH CHILLI, LEMON AND PARSLEY

Nothing says Cornwall quite like crab, and this delicious dish contains textures and flavours to elicit pure happiness – crab, pasta, lemon, parsley, chilli, Parmesan and olive oil. Crab is available in most good supermarkets or, even better, head to your local fishmonger. If you are on holiday in Cornwall, find a fisherman to point you in the right direction!

SERVES 4

- 300g dried linguine
- 250g fresh white Cornish crab meat, picked over for pieces of shell
- 2 fresh red chillies, deseeded and finely chopped
- 1 bunch of flat-leaf parsley, roughly chopped
- Juice and zest (optional) of 1 lemon
- 100g Parmesan, grated
- 150ml olive oil, for drizzling
- Cornish sea salt and freshly ground black pepper

- 1 Bring a pan of salted water to the boil, add the pasta and cook according to the packet instructions.
- 2 Meanwhile, combine the crab meat in a large bowl with the chilli, parsley, lemon juice and zest, if using. Stir together.
- 3 Drain the pasta (reserve some of the cooking water) and add to the crab sauce along with a couple of tablespoons of the pasta cooking water. Use tongs to thoroughly mix the pasta with the crab so all the pasta gets a good coating of sauce.
- 4 Serve in warmed bowls and sprinkle over a generous amount of Parmesan cheese, a drizzle of olive oil and a grinding of black pepper. This fresh-tasting dish pairs well with a cold glass of sauvignon blanc.





ENGLISH TIGER PRAWNS WITH CHILLI, OLIVE OIL AND FLAT-LEAF PARSLEY

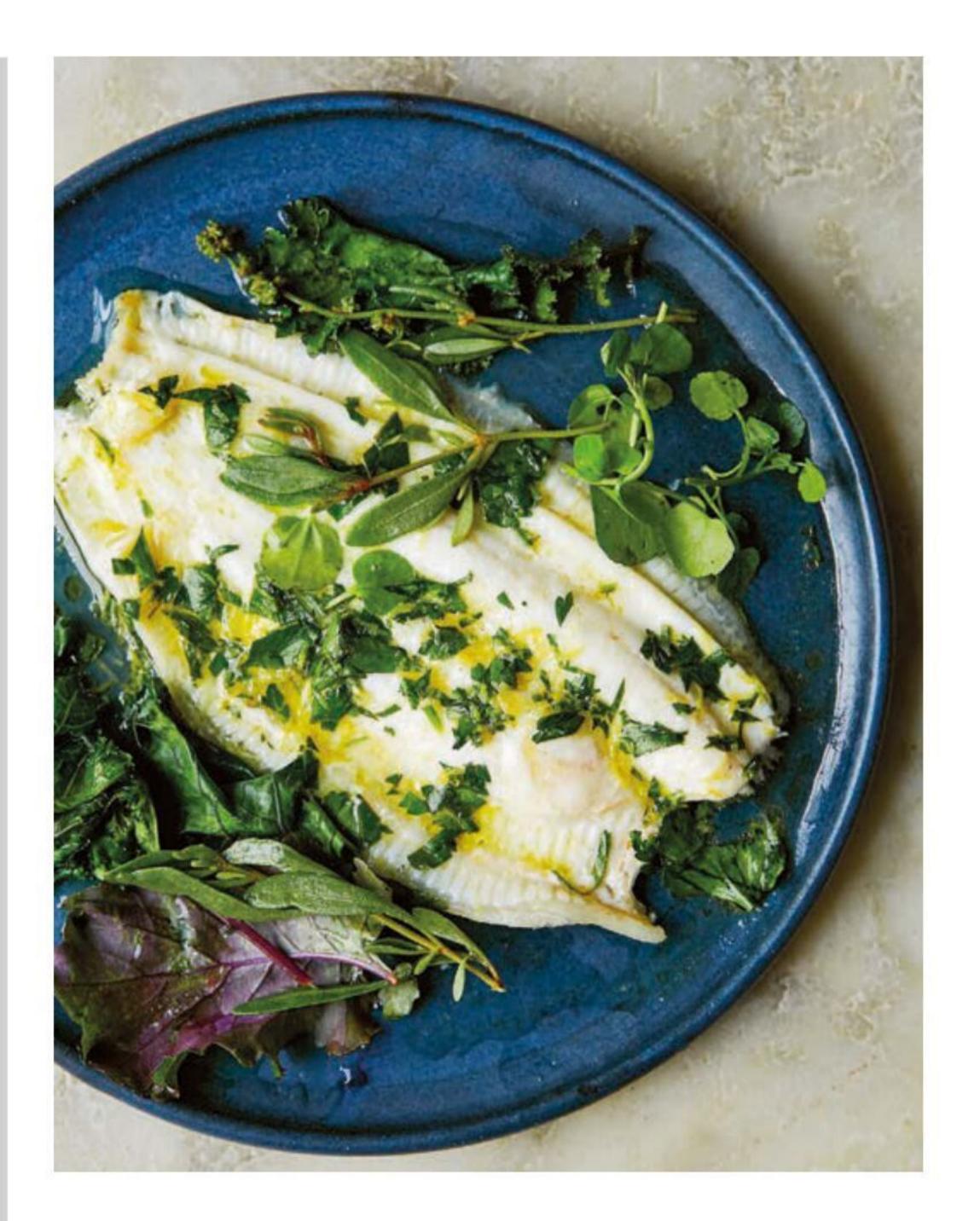
This elegant dish smacks of the sea and makes a gorgeous and speedy lunch. Use sustainably sourced prawns and eat with abandon, preferably with an ocean view!

SERVES 6

- 100ml good-quality olive oil
- 16 raw English tiger prawns, in their shells
- •1tsp chilli flakes
- 1 fresh red chilli, finely chopped
- Juice of 1 lemon, plus extra wedges, to serve
- Handful of flat-leaf parsley, roughly chopped
- Cornish sea salt
- Citrus and Tarragon Mayo (recipe below), to serve
- 1 Heat the olive oil in a large frying pan until it starts to sizzle. Add the prawns and chilli flakes and cook, shaking the pan from time to time, letting the prawns turn from their raw blue colour to golden pink.
- 2 Turn the prawns and add the fresh chilli, lemon and parsley. Season with salt. Serve with the mayo and extra lemon.

Citrus and Tarragon Mayo

Place 3 egg yolks in a food processor with the juice of 1 lemon, 1 tsp Dijon mustard and a pinch of salt. Whizz until combined. With the motor running, pour 250ml sunflower oil through the funnel in a slow stream until the oil is incorporated and emulsified. Add chopped tarragon leaves and season to taste.



LEMON SOLE WITH WATERCRESS AND SEA HERBS

Delicate and sweet, this white-fleshed fish is cooked simply and served with steamed greens and Cornish new potatoes. Use tweezers to remove any small bones.

SERVES 2

- 4 x 150g lemon sole fillets, skin on
- Good olive oil, for drizzling
- Handful flat-leaf parsley, finely chopped
- Zest and juice of 1 lemon
- 1/2 garlic clove, chopped
- Cornish sea salt

TO SERVE

- Handful watercress and sea herbs (foraged or shop-bought)
- 4 edible flowers, such as violas
- Steamed greens of your choice
- Cooked Cornish new potatoes
- 1 Preheat the oven to 180°C, gas mark 4. Line a baking sheet with baking parchment.
- 2 Place the sole fillets, skin-side down, on a lined baking sheet, drizzle with olive oil and season with salt. Bake in the oven for 4-5 minutes until the flesh is opaque.
- 3 Remove the fish from the oven and allow to rest for a few minutes. In a small bowl, stir together the parsley, lemon zest and juice and garlic with another drizzle of olive oil. Taste and consider the balance of flavours.
- 4 Place the fillets onto warmed plates and drizzle over the herb dressing. Decorate with watercress and edible flowers and serve with the steamed greens and new potatoes.





Immerse yourself in the ancient kingdom of the Incas on this once-in-a-lifetime trek to Machu Picchu. Hiking through rainforests, mountains and high desert plateau, you'll discover sacred ruins and an amazing mix of cultures.

6-16 May 2022

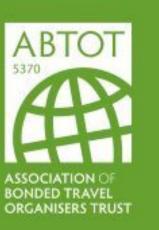
For more information and to register online:

www.dream-challenges.com

Tel: 01590 646410 Email: events@dream-challenges.com









Coastal cuisine. Fish and chips print, from £20, rocketjack.co.uk

Sundowner? Fish+Fish carafe, £25.50, abodeliving. co.uk

Salty taste. Salt and pepper pots, £18, creamcornwall.

Beach Clean place mats, £22 for a set of four, abodeliving. co.uk

Eco table.



aved from our oceans

To us! Glass tumbler, £7.75,





Running water. Enamel colander, £18, gardentrading.co.uk







seasons

THERE IS NOTHING quite like the taste of a succulent strawberry in summer, or a ripe and rosy tomato plucked from the garden. But, with supermarkets making it easier than ever to find any food we want at any time of year, many of us have lost touch with what is in season in the UK.

Eating locally produced seasonal food is not only tastier and healthier, it's better for the planet. Visit farm shops in your area or sign up for a fruit and veg box scheme to bring fresh and flavoursome produce to your plate.

• To find out what fish is in season, go to thecornishfishmonger.co.uk/seasonal-fish

Eat the

Complete Book of Vegar Compleating An A-Z of zero-waste eating for the mindful yegan

The

Stock answer

Waste-

free

kitchen

feasting

Eco Living Editor Ellen Tout shares sustainable, creative cooking advice

DON'T DISCARD onion and garlic skins and vegetable ends. The skins are edible, with antioxidant properties. I save scraps in a freezer bag until I have enough to fill a saucepan. Cover with water, add salt and simmer for 40 minutes for a full-flavoured stock. Strain and compost the scraps and decant the stock into bottles.

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

For waste-free recipes, follow Ellen on Instagram @compleatly_vegan; ellentout.com

Treats and tipples

AMES

BRICKELL'S

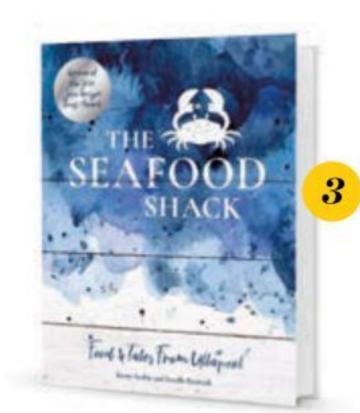
COTSWOLDS

Summer goodies. Cotswolds ginger gin, £39.95, cotswoldsdistillery.com; Mr Ames Earl Grey tea, £3.95, mramestea.com; Brickell's salted caramel ice cream, £6.50, brickellsicecream.co.uk; Blue Skies caffè latte dairy-free ice cream, £4.99, ocado.com; Apple & Oak cider, £30 for 12 bottles, sandfordorchards.co.uk; Feel Good rhubarb and apple sparkling water drink, £1.19, ocado.com; Gordon's 0.0% and tonic premixed can, £1.60, sainsburys.co.uk; Tracklements lemon pickle, £3.35, tracklements.co.uk

FLAVOURS FROM THE SEA Recipes to inspire, from coast to kitchen









1 The Big 10 Fish And Seafood Cookbook by Terri Dien (Rockridge Press, £12.39) 2 Surf-side Eating: Relaxed Recipes Inspired By Coastal Living (Ryland Peters & Small, £16.99) 3 The Seafood Shack: Food And Tales From Ullapool by Kirsty Scobie (Kitchen Press, £20) 4 How Wild Things Are by Analiese Gregory (Hardie Grant, £22)

Real and unfiltered

Rachel Dobson shares her latest podcast obsessions, which explore the trap of fake perfection online, Instamums with bills to pay, understanding Gen Z and thriving in life



SHE'S A PERFECT 10

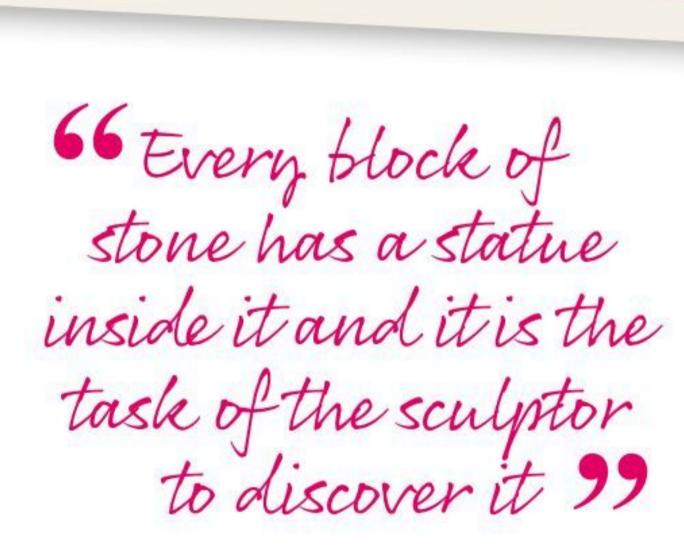
THERE'S a fitness trainer

at my bootcamp who always urges us to go faster, jump higher and do more burpees. I've stopped going to his class. If there's one thing I do not need, it's to be reminded that I'm not an overachiever. And that is the problem with some podcasts – it's one overachiever interviewing another, berating themselves for their perceived underachievement at times!

Refreshingly honest and debunking false perfection on social media is the funny and informative 'Under The Influence' podcast. Presenter Jo Piazza is a journalist and author, ticking the overachiever box, but her attempt to emulate the mum influencers racking up

Instagram followers is quite hilarious. Also interesting is her frustrated attempt to make money from online content. She even admits to finding it hard to drum up paid advertising for her great podcast, never mind profiting from relentlessly posting snaps of her family on Instagram. Her research into the original mumstagrammers and the origins of women aiming for perfection thanks to 'Vogue' in the 1800s is insightful. She asks when motherhood become a lifestyle from which to profit and, if society makes life so tough for working mums, is trying to do so inevitable?

I only hope she finds a way to make cash that doesn't involved wrestling partners, offspring and pets into matching PJs!



REBECCA ROBINSON ON THE DREAMER'S PATH PODCAST, QUOTING MICHELANGELO

DON'T MISS!

Train to be a psychotherapist and change your life

UKCP talking therapies podcast

Are you interested in getting to know who you are and how you relate to the world? UK Council for Psychotherapy CEO Sarah Niblock talks to Andy Ryan to understand how psychotherapy training can benefit everyone – and why this relational approach is necessary in our changing world. Listen at psychologies.co.uk/train-be-

psycho therapistpodcast-ukcp PSYCHOLOGIES
Podcast Channel

Email Podcast Editor Rachel Dobson at rachel@racheldobson.co.uk

PHOTOGRAPH: GETTY IMAGES

Listen to the *Psychologies* podcast channel on iTunes, TuneIn and AudioBoom or at





Nine Secrets To Thriving by Emma J Bell

Former judge Emma J Bell tackles the question: why go through life merely surviving, when you could be thriving? Drawing on the insights of 50 people who have suffered trauma but flourish nonetheless, she has extracted nine enlightening secrets from their experiences. Whether you want to apply their life-changing lessons to your relationships, work or the way you deal with setbacks

and your past, each story
offers something
meaningful. The practices
that accompany them will
help you live your life to
the full, says Bell.

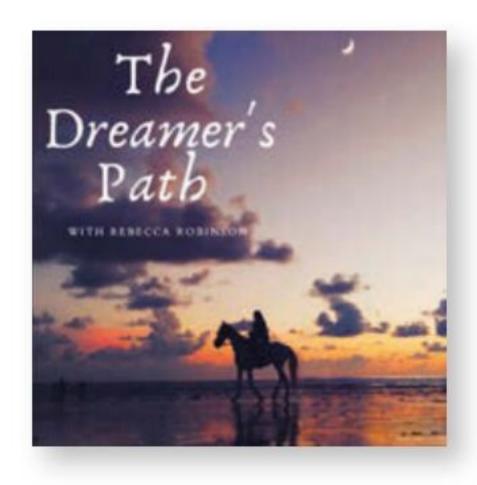
Nine Secrets To Thriving'
by Emma J Bell, £19.99,
or free with
a 30-day Audible
trial; audible.co.uk





YOU DON'T KNOW ME

Perhaps this podcast should be prescribed listening for us all. I imagine we would rub along far better if we understood teenagers and their world. Teacher Chloe Combi, who wrote the first book, *Generation Z*, about those born between 1997 and 2012, immerses herself in their culture and the reality of growing up online. If you live with a teenager, it would be interesting to listen together, if they're ever in the same space as you.



READER PODCAST

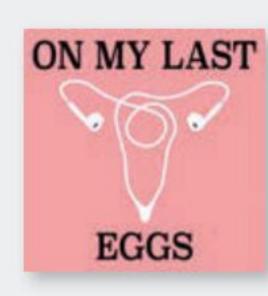
THE DREAMER'S PATH

with Rebecca Robinson

Psychologies reader Rebecca Robinson encourages you to open your mind and heart to the power of creativity. Her short and powerful episodes are full of inspiring quotes and simple actions. She says: 'As a writer and wellbeing professional, each episode is designed to intensely relax, rewild and inspire the listener, tapping wild-hearted souls back into their true nature and the real reason they write, paint, dance, sing and create.'

PRESS MENOPAUSE

Rachel's top three podcasts about maturing as women

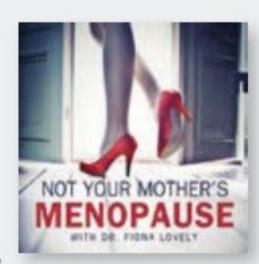


On My Last Eggs, with Rachel New

I'm an absolute sucker for a witty title and this

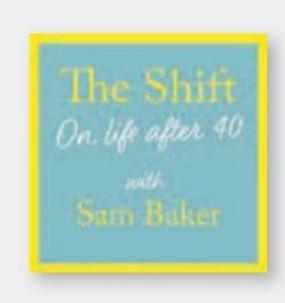
is the best so far. Broadcaster Rachel New strikes the perfect balance between being informative and funny, leaving silences and asking great questions, and her guests are broad-ranging and informative. Unmissable is her chat with trans man, Lee Hurley, who describes the effect oestrogen and testosterone have had on him.

Not Your Mother's Menopause



The aptly named doctor, Fiona Lovely, is at the 'here

comes the science' end of the menopause. With experts including a vaginacologist, Lovely explains what's happening to us as we approach and go through the menopause and reassures anyone who thinks they're just going mad. Open, brave and light-hearted, this podcast inspires you to take control of your health and ask for help when you need it.



The Shift
On Life
After 40

Author and journalist Sam Baker has

reinvented herself as a podcaster. While not specifically a podcast about menopause, since she's interviewing women over 40, it inevitably comes up, and it's fascinating to hear how those in the public eye have coped with the transition. Baker had her own brain fog moment, calling it the 'meripenopause' – and didn't edit it out!

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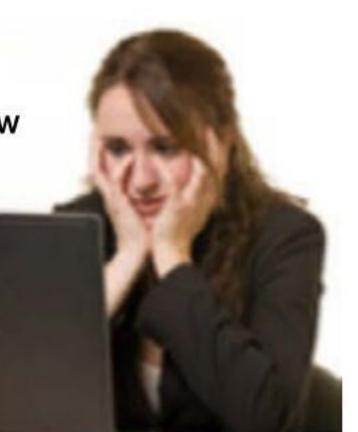
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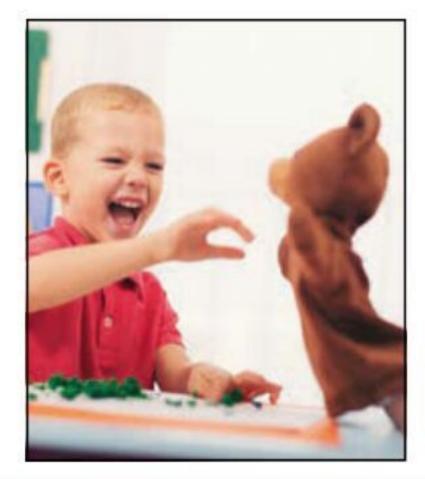
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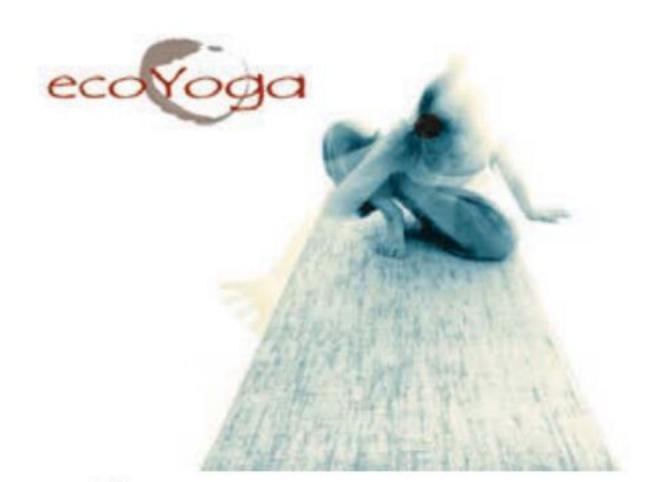
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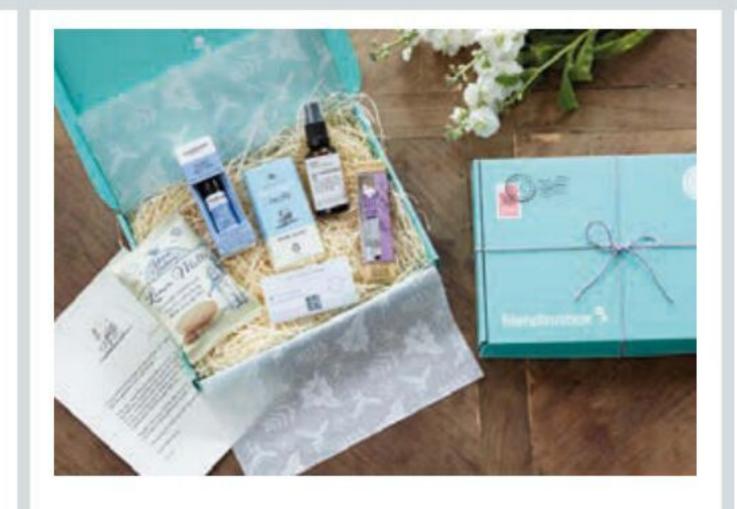
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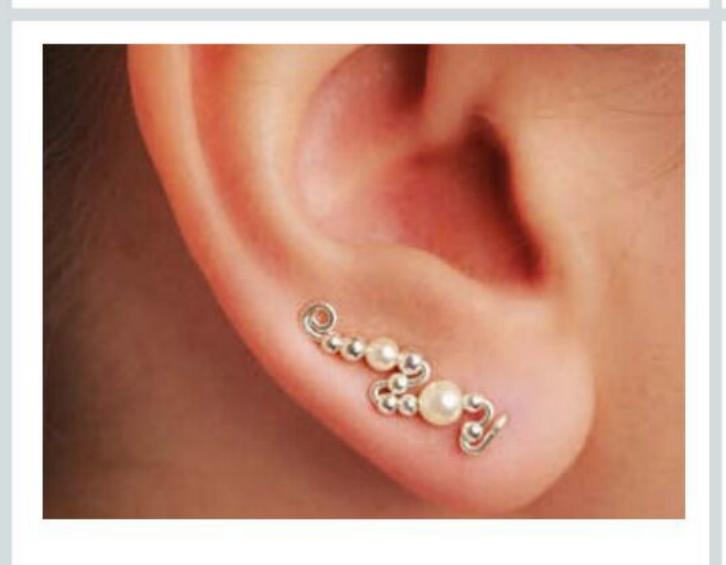


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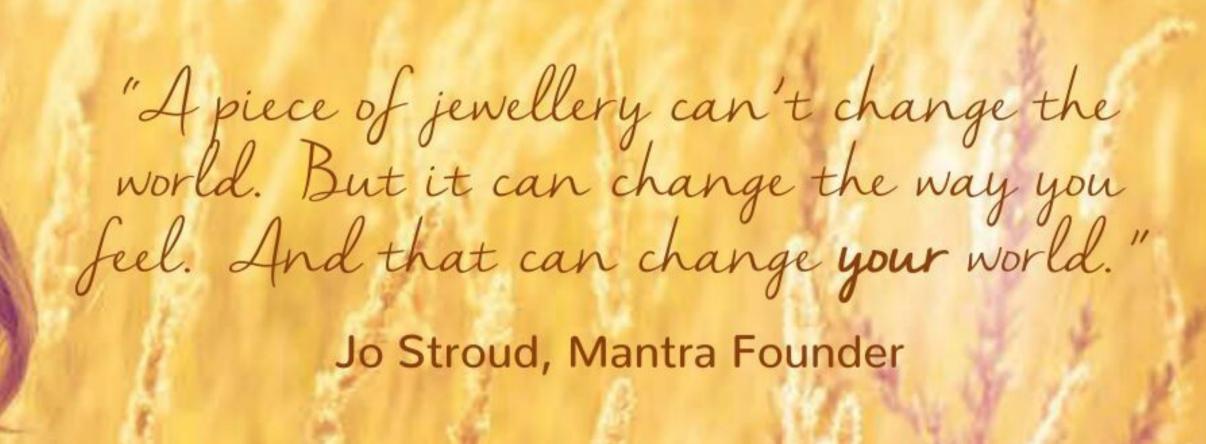
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