



Your MIND

3 ways to eat more mindfully

1. Eat slower, take more breaks and really savour your food. Enjoy its smell, texture and taste, and notice the effect it has on you after your meal.
2. Take a quick body and mind scan before you eat. Ask yourself: "Are you really hungry, or are you eating because it is time to eat?" It tends to be that we often eat out of habit, because others are eating, or because food is ready and available in front of you. Perhaps you end up eating because you are bored or stressed, or need a break or distraction. It's important to analyse this beforehand.
3. Assess your fullness level during your meal. Take a break and assess, on a scale of 1 to 10, how full you are: 1 being absolutely starving and 10 being uncomfortably full to nauseous.

Tips provided by Sophie Thurner, registered nutritionist and qualified personal trainer. Visit www.sophiethurnernutrition.com

Over 8 million people in the UK reportedly suffer with anxiety

Source: The Mental Health Foundation

BANISH SELF DOUBT

Everyone struggles with their confidence from time to time but for some of us, self-doubt and low self-esteem are constant companions, scuppering our abilities to reach our potential. Try this top tip from Jo Emerson, confidence coach, human behaviour expert and author.

Comparing a red rose to a daffodil is crazy, right? Both are flowers but aside from that they are completely different. Both are gorgeous in their own way. And yet, most of us waste our lives comparing ourselves to others. But, like the daffodil and the rose, we are all different! One trap many people fall into is comparing their 'insides' (how they feel) to everyone else's 'outsides' (the mask they present to the world).

Try this exercise: Write a list of everything that makes you unique and focus on giving your talents to the world. Remember that just because you don't have that girl's thighs/eyes/butt/career/man/home doesn't mean she doesn't envy your hair/best friendships/kindness/legs/artistic ability etc. Give up comparing and start focussing on what makes you, you! To find out more, visit www.jo-emerson.com



Overcoming worry

Written by life coach and self-confessed worrier Hayley Silk, *Be a Warrior, not a Worrier* offers practical advice for overcoming specific anxiety-causing issues that we all face on a daily basis. Readers are able to delve straight into the chapters that cause them the most anxiety and take away from a series of powerful observations at the end of the section as a focal point. Author Hayley said, "Following the loss of my husband's business and redundancy, I suffered a debilitating anxiety disorder that ultimately led me to seek professional help. From that help, I found the strength to follow a passion and write this book to help others that suffer through the crippling effects of anxiety and offer practical tips on how to overcome it." To find out more, visit www.beawarrior.co.uk

