

FEELING GOOD

Take a shortcut to serenity with scents, Pilates and peace and quiet EDITED BY PERRI LEWIS



SILENCE IS GOLDEN

Conversation is great, but sometimes it's important to be quiet, says meditation teacher Jillian Lavender (lavendermeditation.com). 'It's easy to get caught in a cycle of doing and thinking,' she says. 'When we can't experience some silence in our lives it leaves us tired, unwell and accelerates the ageing process.' Dedicate at least five minutes of each day to silence, and swap your noisy haunts for quiet places where you can relax more easily. *Finding Silence* by James Roose-Evans (The History Press) offers suggestions for daily meditations or, if you live in Britain's noisiest, busiest city, *Quiet London* by Siobhan Wall (Frances Lincoln) has some great suggestions if you want to eat, drink, read or shop quietly.

FIVE STEPS TO... STRESS-RELIEF

1 Sit cross-legged on the floor or, if flexibility is a problem, on a low-backed chair with your feet together on the ground.
2 Bring your hands together in front of you, palms touching, with your fingers pointing up and

elbows out to the side, as if in a prayer position.
3 Lift your head and lengthen your spine, imagining a balloon attached to your crown.
4 Breathe in, then, as you exhale, rotate your upper body to the right and stop

at 45 degrees, keeping your lower body still.
5 Inhale again, and with your next breath out, rotate to the left. Repeat 10 times each side.

By Luke Meessmann, master trainer at TenPilates (tenpilates.com)



PHOTOGRAPHS: CORBIS/GETTY IMAGES, GRETTIE FERGUSON

LET US SPRAY

Spring is finally here, and we're revitalising our minds and bodies with our favourite spritzes. For an instant energy boost we turn to Bloom And Blossom's delicious citrus Rejuvenating Facial Spritz, £15 (bloomandblossom.com), and to soothe tired skin, Caudalie's Grape Water, £7 (caudalie.com/uk). For a mood-lifting burst of scent we spray Lotus Wei's Inspired Action Mist, £29.50 (beingcontent.com), designed to boost motivation, insight and creativity.

HEALING HERBS

If you've been inspired by this month's home-grown beauty feature on page 110, *Neal's Yard Remedies' Cook, Brew And Blend Your Own Herbs* (Dorling Kindersely) is packed with advice on how to make your own health-giving, healing and calming concoctions.



Q & A

Dr Lilian Cheung

Nutritionist and co-author of *'Mindful Eating, Mindful Life'*

«Before eating, ask yourself – am I truly hungry?»

What is hunger?

It is a physiological sensation that drives us to look for food. When our stomach is empty, we feel uncomfortable. The stomach feels raw and we can feel – and sometimes hear – it growling.

Often we think we're hungry, but don't need more food – what's going on?

Taste, smell, sight, sound, texture and thoughts can all affect our food intake. For example, you have eaten lunch, but walk past a bakery where they are making chocolate pastries. The aroma and colour entice you to buy one, and you eat with gusto, even though your stomach feels full. In this case you are 'hungry' for the taste of chocolate. Images stored in our minds can also trigger a desire to eat. You might see a TV advert, one that you have seen many times before, showing a woman smiling as she eats an ice-cream. You don't feel hungry, but you are tired and cranky and so head to the freezer and take out an ice-cream. The advert reinforced the notion stored in your subconscious that eating ice-cream can sweeten your mood. We often mistake emotional hunger for actual hunger, but edible food is not the right nourishment for emotional hunger.

How can we tell the difference between emotional hunger and physical hunger?

Get acquainted with your own feeling of hunger. Before getting a snack, take a deep breath in, and on the out-breath ask yourself: am I truly hungry, or do I crave these comfort foods to ease my stress, sadness, anxiety or loneliness? This mindful step brings your mind and body together. Keep a food diary, too. Note your mood and level of hunger when you eat to help identify if you are feeding your true or emotional hunger. If you find eating sweets comforts you, check your feelings at the time. Do you find any link with sweets and your emotional state? As you gradually eat and live more mindfully, you will be more in touch with your hunger and fullness cues. Eventually, you will learn to eat what your body needs, not what your craving drives you to eat.

'Mindful Eating, Mindful Life' by Thich Nhat Hanh and Dr Lilian Cheung (Hay House) is published this month

In association with Calyx Exhilarating Fragrance



The scents of spring

Join us at Fenwick Brent Cross for a special evening of contemporary flower arranging with bespoke florists Wild at Heart (wildatheart.com), in the latest in our series of events to be organised with Calyx Exhilarating Fragrance

Create a spring bouquet

- Discover how to make the most of your home in the spring by choosing the right cut flowers.
- Learn about how different flowers and their scents can change the mood of your home and garden.
- Spend an evening with like-minded *Psychologies* readers while you create a personalised, hand-tied bouquet of flowers to take home.

Thursday 19 May, 5pm-7pm. To book your ticket for £10, email your contact details to calyxevents@hf-uk.com. For more information, visit psychologies.co.uk/events

Inspired by the floral and fruity scents of the Mediterranean, Calyx Exhilarating Fragrance is the ultimate spring scent. The top notes of grapefruit and mandarin, with heart and base notes of rose, orange blossom and sandalwood, offer a burst of refreshing, exhilarating fragrance – the perfect scent for a spring day.



NIKKI TIBBLES
Fenwick wild at heart CALYX