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Busy? Stressed? Downright frazzled?

The wellness tips in this book provide tangible solutions to the stresses and strains of everyday life. That means ditching the generic, one-size-fits-all approach and embracing the targeted,

let's-get-this-sorted attitude, with tips from experts covering everything from craving-crushing snacks and yoga twists to stimulate digestion and mindfulness exercises to help you sleep better.

Of course, we don't all have the luxury of enough free time to become a yogi master or meditation expert. This book promises to help you declutter your brain in the most efficient way possible. So whether it's on your daily commute, in your lunch-hour break or in the checkout queue, use these techniques to become a calmer, more productive and happier you – whatever life throws your way.

TIPS FOR THE BODY



Health & exercise



Nutrition

TIPS FOR THE MIND



Mindfulness



Communication

Invigorate your body

The Sun Salutation is a morning yoga practice to get the blood flowing and stretch all the major muscles, awakening the whole body. Yoga teacher Amanda Fell (amandafellyoga.com) explains how.



1. Stand tall with feet together and palms touching each other in front of the chest.
2. Inhale, raise the arms and gently bend backwards, stretching the arms above the head.



3. Exhale and slowly bend forwards so your head meets your knees and your hands reach your feet (or as far as they can go).
4. Inhaling deeply, take a long backwards step with the right leg. Keep your hands and feet firmly on the ground, with the left foot positioned between the hands. Look up to the sky.
5. While exhaling, take the left foot to meet the right one. Keeping your arms straight, raise the hips and position the head in between the arms.
6. Hold your breath and lower the entire body to the floor until your feet, knees, hands, chest and forehead touch the ground.
7. Inhale, and lift the torso to bend it backwards, and look towards the sky.
8. Exhale and push the hips towards the ceiling, keeping the arms straight.
9. Inhale and step the right leg between your hands.
10. Exhale and bring your left leg to join the right. Repeat step 3.
11. Inhale and repeat step 2.
12. Exhale and return to the starting position. Repeat the sequence eight times, alternating between legs.



Freshen up your water intake

One of the most common excuses for not drinking the recommended eight glasses a day is that people find plain water boring. The solution? Transform it into a fruit-infused tonic.

For a refreshing drink, slice a handful of fresh strawberries, a 5cm (2in) chunk of cucumber and 2 limes. Take a large glass jug and layer the fruit, along with a small handful of fresh mint leaves, with ice cubes. Next, fill the jug with water and pop it in the fridge to infuse. Fancy something more fragrant? Fill a large jug with water and add 2 large handfuls of blueberries and a generous sprinkling of edible lavender flowers. Cover and chill until ready to drink, then strain, add ice and sup up.



Ease menstrual pain

Increasing calcium intake can reduce PMS symptoms by 30 per cent because the usual suspects – fatigue, cramping, headaches and irritability – are often linked to a deficiency of the mineral.

It's better to get your calcium boost from whole foods rather than supplements; aim to add two extra portions of calcium-rich food to your diet every day. As well as dairy sources such as yoghurt, cheese and milk, dark leafy greens, tofu, quinoa and soft-boned fish (such as sardines and canned salmon) are also high in calcium and have the added bonus of supplying magnesium, which allows the calcium to be optimally absorbed into the body.



Harness the travel mindset wherever you are



These simple-to-do activities in your 'real' life cultivate the same sense of adventure and bliss you feel while travelling.



One way to globe-trek at home is to try different foods. Try a Burmese restaurant, Jamaican market or Colombian bakery. Likewise, drive to an unfamiliar part of town, walk a few blocks and see what you see. This blends into a third component of keeping the vibe alive: notice the details around you. Novel things surround you at home as well as abroad, but you forget to pay attention. Maybe keep a journal of what you experience. It's all about getting a new viewpoint and being inspired.

