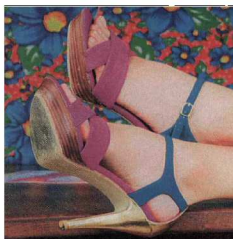


Keep that holiday feeling

You don't have to lose that relaxed vibe once you get home. Here's how to feel rested and energised all year round

Dr **Lissa Rankin**, a holistic health practitioner, has pinpointed the everyday habits we can all introduce to our lives to make us feel our best. In her new book *Mind Over Medicine* (£12.99, Hay House) Lissa says, 'I believe in a mind and body approach to good health. The things we do everyday and the attitudes we take through life make a difference to our physical health. We all have self-healing powers that are increasingly being proven by science.' Here are her guidelines to living a healthier, happier life...



And smile!
All those snaps of you beaming at the camera... In fact just smiling and holding yourself up straight can dissipate tension and make you feel happier



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Always look on the bright side of life

Life can deal out some pretty low blows, but it's how you deal with them that can have an affect on your health. Feeling helpless and stressed for long periods of time is shown to lower immunity. In fact, research has shown that people who are stubbornly optimistic in the face of adversity are 45 per cent less likely to get sick, 77 per cent less likely to develop heart disease and live 7.5 years longer. Pass us those rose-coloured sunglasses!



Make time for friends

Spending time with people who love you helps you to relax and de-stress – which gives you an emotional and physical boost. No wonder we feel so good after a week away with our loved ones! Seeing friends regularly may even be more beneficial than watching your diet or exercising, according to experts. So, find time in your diary to see friends and family and you'll keep that loving feeling.

Manage job stress

One of the nicest things about a holiday can be taking a break from the day job. We all know daily work stress is bad for us, so when your job is overwhelming you, try this five-step technique to get things back in perspective.

1 Take yourself away from your desk to a place you won't be disturbed, like an empty meeting room or an outside bench.

2 Sit comfortably and close your eyes (you can wear your sunnies for this).

3 Pick a short word, like 'peace', 'om' or 'calm'.

4 Relax your muscles by first tensing and then releasing them – work up from your feet up to the top of your head.

5 Take slow, deep breaths and repeat your chosen word for 5-10 minutes. Feel your body relax and you'll soon find your mind will follow suit.

Look after yourself

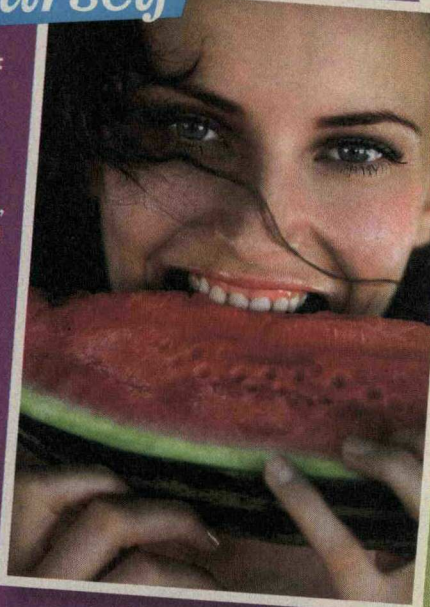
On holiday we tend to be healthier just because we have the time to eat well, catch up on sleep and generally chill out. Lissa says this is the basis of good health, so here's how to keep it up...

◆ **EAT FRESH** Fruit, vegetables, seeds, nuts, sprouts, pulses and wholegrains will all nourish your body with energy.

◆ **EXERCISE REGULARLY** All you need is 30 minutes, five times a week – that's a walk to work or the school run.

◆ **CALM YOUR MIND** The regular practice of yoga, Pilates or Tai Chi is proven to de-stress and energise.

◆ **AND BREATHE...** This is one we can all do! Take long, slow, deep breaths. Try to hold your breath for five seconds. Practise this for a few minutes every day.



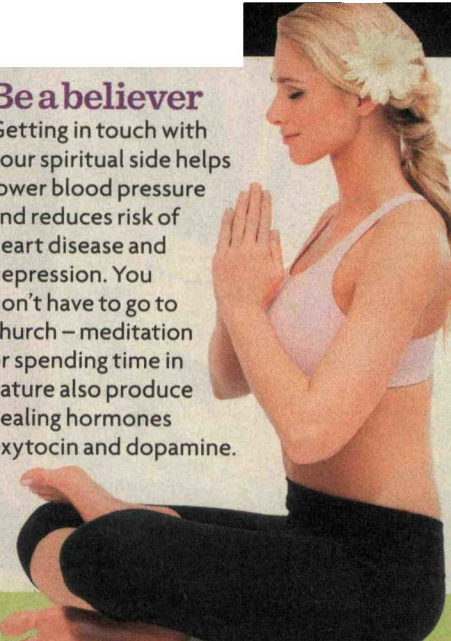
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Fall in love

It could all start with a holiday romance! If you're married or in a long-term relationship, chances are you'll stay healthy and live longer than singletons. The science is that happy couples feel less lonely and enjoy greater emotional support leading to lower blood pressure and less insomnia. If a loving relationship just won't come your way, surround yourself with friends to get the same benefits.

Be a believer

Getting in touch with your spiritual side helps lower blood pressure and reduces risk of heart disease and depression. You don't have to go to church – meditation or spending time in nature also produce healing hormones oxytocin and dopamine.



Make a promise

When I get home I will...

Declutter

We may come back from holiday with a pile of laundry, but while we're away the lack of chores is so refreshing. Getting your life in order when you get home can rid you of nagging worries.

Face up to cash woes

The constant low-grade stress of money worries

on your mind will eat away at your wellbeing. Taking steps to get organised will be empowering.

Find a hobby

Doing things we enjoy elicits the relaxation response and floods the body with feel-good hormones. Connecting to your passions is the best way to stay healthy, so don't put off finding your passion any longer!