

GOOD FOR YOU!

**Health
LIVE WELL**

How to... ease anxiety

Hypnotherapist Fiona Lamb (fionalamb.com) shares her advice

1 Drop your jaw

'Relax, loosen your jaw as much as you can and take a few deep, slow breaths. Softening your muscles around this area switches off the 'fight or flight' response, responsible for anxious feelings.'

2 Change internal dialogue

'When you're anxious, become aware of the words you are saying to yourself

Some simple changes can lower anxiety levels

and notice the effect they have on you. Imagine what you would say to your best friend in the same situation. Interrupt negative mental chatter.'

3 Spin the feeling

'Close your eyes and focus on the anxious feeling in your body. Notice if it has a shape, a colour or if it is moving in any way. Now, imagine softening the colour or shape and changing its direction. If you can focus on changing something, it will happen.'

31% of women aged 50-64 years say their mental health, including feelings of anxiety, has been affected by the menopause.*

15% of Brits choose to 'pop' their blisters, which increases the risk of infection.**

Have you heard about?

Ditching the GP surgery

Women are still too embarrassed to get a cervical cancer smear test, which has led to a 21-year national low on the NHS. But there's been a 67% increase in at-home HPV tests for cervical cancer***, which is good news for early diagnosis.

It worked for me

Savannah AI, 50, Coventry
'A spinal disc prolapse meant I lost movement in my right arm from my shoulder to my hand and even simple tasks were affected by the pain. Then I found FlexiQule Joint Support (£16.99, lloydspharmacy.com). Within a couple of weeks I felt like a different person. I've now been taking two tablets a day for the last 24 months, and it's changed my life. I've gone back

to work and now walk for long distances without pain. And I don't have to take regular painkillers.'

FOOD FIGHT

Swap this → Your usual Greek yogurt

← For this

Tims Dairy The London Collection (€1, Ocado, Waitrose)

WHY? Lactose-free, it's made with active cultures so great for gut health.

Buy of the week

Love to walk? Try Instepp (£24.99, instepp.co.uk). Lightweight and suitable for beginners, it adds resistance to help tone both arms and legs, and the coordination involved helps to keep your brain young.

WORDS: FAYE M SMITH, PHOTOS: GETTY, *HEALTH & HER, **NEW STUDY BY PELLETIC, ***RESEARCH BY BETTER2KNOW. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP.

