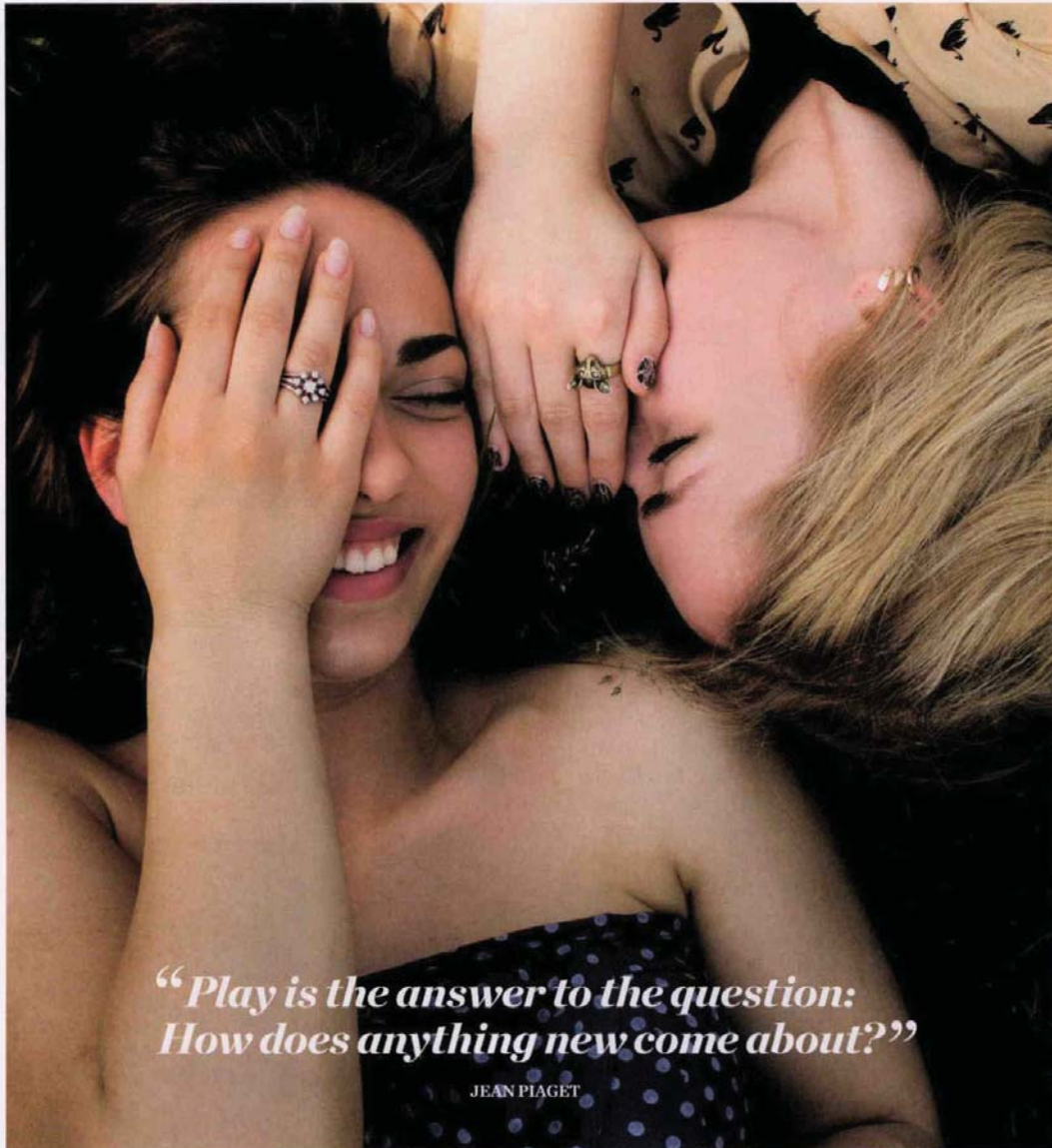


#360me

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EDITED BY EMINÉ RUSHTON



*“Play is the answer to the question:
How does anything new come about?”*

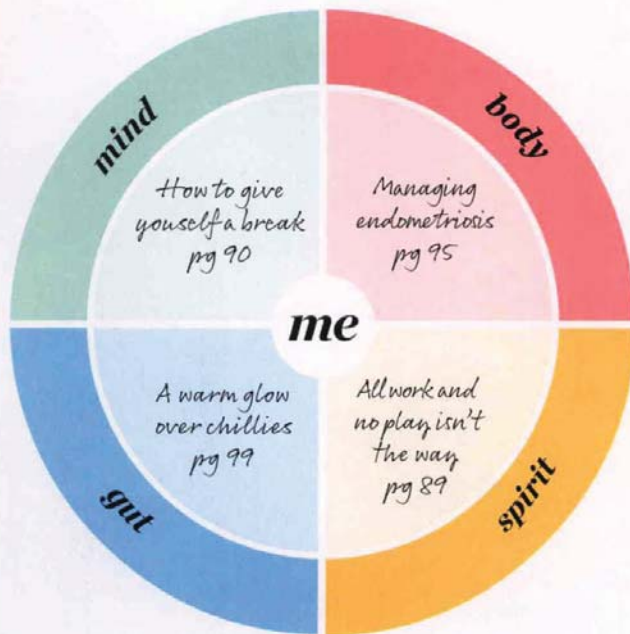
JEAN PIAGET

PHOTOGRAPH: JOYANA RIKALD/STOCKSY



#360me The plan

Every month, the #360me team will be sharing our baby-steps approach to leading a healthier, happier life – expert-endorsed and real-life approved.



To feel your best, you have to consider the health of not just your BODY and GUT, but your MIND and SPIRIT too – this is holistic health in action. To help you, we've split all the advice in the plan into these four sections and, by spending a similar amount of time on each, you'll be looking after your 'self' in a truly holistic way. Dip in and try one thing from each section. Or dive in and do it all. It's here for you – to inspire, support and motivate. Share your journey with us @eminerushton and we'll share ours too.

SHARE YOUR #360ME JOURNEY



@eminerushton @psychologiesmagazine psychologies.co.uk

body

Gently transformative ideas for a happier body

#360 LOVES...

These fantastic new books explore the essentials of good health



BOTANICAL BRAIN BALMS by Nicolette Perry and Elaine Perry (Filbert Press, £14.99)

Written by experts in plant medicine and neuroscience,

this evidence-led exploration of 56 of the plant world's best health allies is instructive and insightful. ER

WHOLE BEAUTY by Shiva Rose (Artisan Books, £21.99)

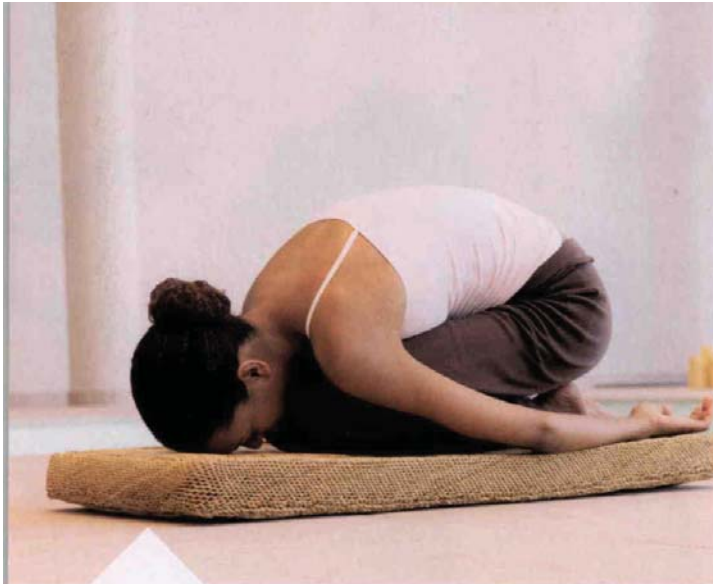
From Ayurvedic practices to health-boosting tinctures and tonics, this is a celebration of the simplest things, with self-care and love at its centre. ER



FRESH & PURE: Organically Crafted Beauty Balms & Cleansers by Jules Aron (Countryman Press, £12.99).

Simple kitchen-cupboard recipes for beauty, bath and body products, with aromatic, effective and entirely natural results.

BOOK REVIEWS BY EMINE RUSHTON. PHOTOGRAPH: GETTY IMAGES. SURVEY OF 2,000 PEOPLE BY TAYMOUNT, 2018. FOR STOCKISTS. SEE PAGE 127



TRY BABY POSE

This pose, also called child's pose, is similar to the position we take as babies in the womb, hence its name. It stimulates the pituitary gland, and helps you to relax completely. If you have low or high blood pressure, or become dizzy, place a mat under your head or rest your head in your hands. Sit on your heels and rest your forehead on the ground. Rest your arms along the sides of your body with your palms facing upward. Close your eyes and focus on the 'third eye' between the brows. Breathe long and deep through your nostrils, relaxing in the pose for at least three minutes.

Extract from 'Everyday Kundalini: Yoga, Meditation, Mantras And Breathing To Empower And Transform Your Life' by Kathryn McCusker (Watkins, £14.99)



Strawberry Lip Balm.
 £3.99. Burt's Bees

BEE GOOD

For every limited-edition Strawberry Lip Balm sold, 5,000 bee-friendly wild flower seeds will be planted in partnership with the British Beekeepers' Association, to help our bee colonies thrive.

ALL YOU NEED

'Love is everything'... no better mantra to emblazon across one's heart space than this – and it's in the comfiest organic cotton from my favourite conscious brand, Shanti Sundays.'
Eminé

'Love is everything' tank, £29, Shanti Sundays



the plan

#360me



"The fertile mindset is one where all is possible and, according to fertility author and acupuncturist, Emma Cannon, it develops when you focus your energy on the '5 Pillars of Fertile: Flexibility, Creativity, Nourishment, Transformation and Belief'. Her online programme guides women on how to 'think, feel and be fertile, with daily videos, meal plans, fertility tips, guided meditations and recipes to bring fertility into your life'. There are also contributions from gynaecologist Adrian Lower." Eminé Rushton

Discount for 'Psychologies' readers: Receive an exclusive 10 per cent off the full price of £90, paying £81 for the complete 90-day plan, when using the code FERTILE10. Sign up at emmacannon.co.uk/shop/90-days-fertile

60%

According to a recent poll, this is the percentage of Brits who have never spoken about their bowel movements to another living soul – including their doctor! Given that so much of our digestive health and bodily function can be attributed to regular, painless and healthy bowel movements, and that 49 per cent of us have never examined our own stools, we think it's high time we dispelled the stigma.



spirit

Lift your spirit with these great finds and useful insights

50%

A study* of 4,765 older people, all with a strong genetic risk of developing dementia, found that those with positive beliefs about growing old were 50 per cent less likely to develop the illness than those who held negative beliefs about ageing. Positive thinkers had a 2.7 per cent risk, compared to 6.1 per cent for negative people.

RISE AND SHINE

“Morning: How To Make Time: A Manifesto” by Allan Jenkins is a lovely read: illuminating conversations with early risers, from Jamie Oliver to dawn-seeking fishermen, interspersed with diary-style essays. It made me want to set my alarm a full hour earlier”

@eminerushton



Morning: How To Make Time: A Manifesto by Allan Jenkins (HarperCollins, £12.99)



SHOUT, SHOUT, LET IT ALL OUT!



‘AS WOMEN, WE have “held it all together” and repressed our deepest truths

for millennia. I love the concept of “screaming” for the pure sweet release of emotion that it brings. While clearing the throat chakra, you can physically feel the relief of muscles around the jaw, the back of the lungs, heart and thoracic region, as they open. The act itself is deeply liberating and gives me the validation that my soul has been

quietly speaking: that it is OK and, in fact, healthy to give voice and expression to our feelings. Women are naturally more empathetic than men, and pick up energies around us whether we are aware of it or not. So, if the children have been driving you crazy, you are hormonally peaking or you need to express what your heart is crying out for – enjoy the stress and tension release, and the peace that unfolds in your mind and muscles. Find a good place and scream freely!’ **Larah Davis, Wellness Editor @ibizaretreats**

PLAY YOUR CARDS...

‘Fans of Rebecca Campbell’s books, *Light Is The New Black* and *Rise Sister Rise*, will love her Work Your Light Oracle Cards, illustrated by Moonchild Tarot artist, Danielle Noel. Divided into enquiry, action, confirmation, activation and transmission cards, they offer a pause to reflect, consider, feel and respond. Let these cards be your incentive to do just that.’ @eminerushton



Work Your Light Oracle Cards by Rebecca Campbell (Hay House, £15)



This month's food for thought... Tell us how you get on by using #360me



"On Saturday, 30 June, I'll be part of Octopus Publishing's

Nourish & Inspire Wellness Day, chairing a talk on 'The Power of You: Small Changes for Big Progress', with founder of Mindapples Andy Gibson, complementary therapist and author Georgia Coleridge, as well as author and founder of wellbeing brand Qnola, Danielle Copperman. We'll focus on cultivating a more positive mindset by introducing simple, practical and tangible things into our lives, which can have a profoundly positive impact on our wellbeing. I hope you can join us!"

@aliandconnieroff

Book tickets: Cost is £10 for the single event and £50 for a full day ticket, including seven panel events and three bonus wellbeing sessions. Go to eventbrite.co.uk and search for 'Nourish & Inspire' to find us

I love the Pressing Pause by Gabrielle Treanor, and Motherkind podcasts by Zoe Blaskey - inspiring, meaningful and comforting"

@eminerushton



TO VEDIC OR NOT TO VEDIC?

Q Why is Vedic meditation better than just breathing?

"While breathing can be an effective way to stimulate the parasympathetic nervous system, the Vedic method is easier to practise, tends to be more enjoyable and, because it is more subtle than breath work, digs deeper into your subconscious. It also activates your wider nervous system in a more profound manner. It's about finding the right practice for you, and the only way you'll know the answer to that is to try different ones."

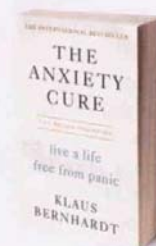
Will Williams, Mind Editor @willwilliamsmeditation

33%

'Up to a third of British people suffer from insomnia,' says Tobin James, MD of Tempur, which has teamed up with the Mental Health Foundation to highlight the problem, which has a direct impact on our wellbeing. They suggest a bedroom screen ban and avoiding exercise at night.'

NO NEED TO PANIC

Soberingly, 11 million Brits have been diagnosed with an anxiety disorder. *The Anxiety Cure* by psychotherapist Klaus Bernhardt combines the latest research in neuroscience with CBT, hypnotherapy and positive psychology to offer pattern-breaking mind-training techniques, to allow the reader to get a confident handle on their condition, once and for all.



The Anxiety Cure by Klaus Bernhardt (Vermilion, £12.99)

#360me

PHOTOGRAPHS: STOKSY - FLOSON; 2018. "THE TEMPUR SLEEP GUIDE CAN BE FOUND IN TEMPUR STORES, AND FOR FURTHER RESOURCES, VISIT MENTALHEALTHY.ORG.UK. FOR STOCKISTS, SEE PAGE 127."



COUNTING AFRESH

Our new contributing editor, medical doctor Hazel Wallace, will share her common-sense guide to health, and answer a question every month. Let's look at fruit and veg intake

Q There is conflicting advice, so how many portions of fruit and veg should I really be eating a day?

'We are advised to have at least five portions of fruit and vegetables daily, but recent evidence suggests that consuming 10 portions greatly reduces the risk of developing certain diseases like heart disease and cancer. In the UK,

only 25 per cent of adults and 20 per cent of children manage five a day so doubling the recommended intake is ambitious. The bottom line is to aim for at least five to seven portions, and any more is a bonus. In short: the more the better.'

Hazel Wallace @thefoodmedic

'The Food Medic For Life: Easy Recipes To Help You Live Well Every Day' by Hazel Wallace is available now (Yellow Kite, £20)

25x

'With rising awareness of nutritional gaps in our modern diets, interest in herbs, plants and food-grown supplements has also increased. Many women top up their iron intake monthly, but few know that nettles, raw cacao and moringa, which has 25 times more iron than spinach, are also great iron-rich additions.' **Eminé**



Eat Happy: 30-minute Feelgood Food by Melissa Hemsley (Ebury, £20)

"I love hearty food and flavours, as well as embracing frugality and ease of cooking. That's why I absolutely love Melissa Hemsley's 'Eat Happy' – it's the epitome of these things, perfectly combined, and her recipes are delicious and fuss-free, too. This is a book that is great for a novice or someone who is already a bit of a whizz in the kitchen!" **Eve Kalinik**, Nutrition Editor @evekalinik



Nurture your gut health for an overall feeling of wellbeing

CACAO WOW

'I suspect my regular cup of hot cacao played a big part in helping me through this soggy spring, so I've happily invested in Viridian Nutrition's gorgeous offering. It's expensive, but is a totally organic blend of potent wild mushrooms and raw cacao, so I'm eking it out with half-teaspoon servings, warmed through oat milk. Tasty and health-boosting!' **Eminé**



Wild Chaga & Raw Cacao, £29.05 for 30 servings, Viridian Nutrition

the plan

#360me



BLACKBERRY BIRCHER MUESLI À LA SPRÜNGLI

This is based on the amazing Bircher muesli made at Sprüngli Café in Zurich – it's simply the best, says Caroline Byron in 'Gluten-Free, Naturally' (Kyle Books, £18.99). I've taken out the cream, but you could add some to taste. I like it sweet, but you can reduce the amount of apple juice and replace it with more almond milk.

SERVES 4

- 150g rolled oats
- 1 tsp linseeds
- 1 tsp chia seeds
- Pinch of ground cinnamon
- Handful (70g) of blackberries (you can use raspberries, too)
- 40g chopped almonds
- 375ml fresh pressed apple

juice (not concentrate)

- 125ml unsweetened almond milk
- 125g plain yogurt
- 1 apple, grated
- ½ banana, mashed
- 40g chopped pistachio nuts (I also love sugared hazelnuts, if you can find them)

- 1** Mix the oats, seeds, cinnamon, blackberries and almonds with the apple juice, almond milk and yogurt, and leave to refrigerate overnight.
- 2** In the morning, add the apple and banana and mix in. Serve with the chopped pistachio (or sugared hazelnuts) on top.