

How to stress less



MODERN LIFE TAKES ITS TOLL ON US IN SO MANY DIFFERENT WAYS, IT'S NOT SURPRISING WE FEEL OVERWHELMED NOW AND THEN. DR ELLIE CANNON CAN HELP...

Feeling worried or being anxious about a specific issue is totally normal and a standard part of a busy life. However, anxiety becomes a problem when it occurs so often, or for so long, that it actually interferes with your life and enjoying things. Here's how to look after yourself to try to reduce anxiety levels on a day-to-day basis.

SLEEP TIGHT

Good sleep is crucial to help keep anxiety levels down. We know that anxiety worsens sleep, then poor sleep makes you more anxious, and a bad cycle develops. Concentrate on creating a perfect sleep environment with no screens (TVs, mobiles, laptops) and set a strict bedtime routine, perhaps to follow a relaxing bath. Keep a notepad by your bed: write down the worries that come into your mind in bed to help stop you overthinking them.

GET MOVING

Exercise is a great mood workout as well as a physical workout. The hormones released during exercise are good for improving your mental state, and making you feel less worried and happier. We know that people who exercise have lower rates of all mental health conditions, including anxiety. A walk, a swim or pounding a treadmill will all work – whatever it is you enjoy and find convenient to achieve.



ENJOY YOURSELF

Be sure to plan activities you enjoy each week. Sometimes when you are anxious there is a tendency to isolate yourself, avoid friends and steer clear of things you like. That can lead to a worsening problem. If you actively plan cinema trips with friends or a dance class, you'll be keeping those relaxing, enjoyable activities going – and if you're socialising at the same time, it's even better.

OPEN UP

Talk about it: you don't need to shout your anxieties far and wide, but talking about it with a close friend or partner can certainly help. Opening up can allow you to feel some relief and get practical advice. Tell them your worries or how your anxiety affects you; they may have even been in the same situation, and if so, hearing 'me, too' can be very comforting.



BREATHE DEEPLY

Look at trying formal relaxation exercises. There are different ways of encouraging your mind to relax, including breathing exercises, meditation and mindfulness. These will encourage your thoughts to stop racing and allow the brain and body to relax. Mindfulness is the process of concentrating on the moment and senses you experience, shutting out the past and future: it can be very effective.



SLEEP TIGHT
BREAK OUT OF THE
STRESS
CYCLE



MIND YOUR MEALS

Watch what you are eating and drinking. Consuming lots of caffeine can make your heart race, which in turn will make you more anxious. Cutting down alcohol is another good idea, as it also affects your mental state and leads to poor-quality sleep. Eating very sugary food can lead to glucose highs and slumps, making your mood chop and change: not what you need when you are already worried!

HAVE A CHAT

If you feel anxiety is taking over, it is worth speaking to your doctor. There is very effective psychological therapy available for anxiety known as CBT – or cognitive behavioural therapy. This is offered on the NHS, and may be possible to access both face to face and online. You can even do self-help computerised CBT, wherein you follow a programme at your own pace. Do not be embarrassed to seek help.

Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Sun damage is often a cause of saggy skin, but ageing also means it can often lose its youthful appearance. Here's how to put the spring back into your skin.

FIRM YOUR FACE WITH SCULPTRA

Often called a 'liquid facelift', **Sculptra** is a volumising injectable that's different to traditional 'fillers' because it boosts your own collagen to smooth out wrinkles and restore volume, giving you a more natural, more youthful finish. There's no

downtime, but expect some redness for a few hours after treatment. Three to five treatments a month apart is ideal. Results are immediate but at their best after six weeks, as new collagen is constantly being formed. Results last for up to two years. From £450.

TIGHTEN YOUR TUMMY WITH REACTION

Natural ageing, along with pregnancy and weight loss, can leave their mark, as skin doesn't always bounce back. Reaction uses advanced radio-frequency energy with vacuum therapy to trigger collagen production, increase circulation and stimulate lymphatic drainage. Try six weeks of 30-minute sessions, with results from two weeks in. Costs £999 for a course of six.



BANISH BAGGY EYES WITH PELLEVÉ

Skin around the eyes is very sensitive, but **Pellevé** is a needle-free device that requires no surgery or downtime. The wand, powered by radio frequency technology, heats the area and

penetrates the dermis, causing skin to tighten and stimulate collagen. One treatment refreshes the face, but a course of six, each two weeks apart, gives the best results. From £499 for a course of six.

AND DON'T FORGET...

- Vitamin C, amino acids and copper peptides help stimulate collagen, keeping skin looking plump and healthy.
- Quit smoking. It creates toxic enzymes that damage the collagen, hence the telltale sagging of skin seen in smokers.
- Sun exposure is the prime reason for speeding up collagen loss, so wear an SPF30 broad-spectrum cream daily to protect against UVA and UVB rays.
- Regular exercise can help keep skin and muscles firm.
- Studies show daily vitamin C and fish-oil supplements can increase skin elasticity by around 14 per cent.
- If your skin is very thin, it may be worth seeing a GP as hormone therapy could help.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com