

Don't be lonely this Christmas



IT CAN BE AN EXTREMELY DIFFICULT TIME OF YEAR FOR SOME PEOPLE, BUT DR ELLIE CANNON SHARES HER TIPS ON HOW TO STAY UPBEAT DURING THE WINTER HOLIDAY

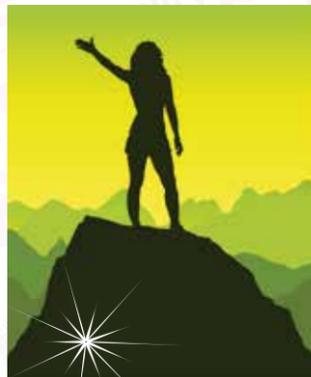
The festive season can seem overwhelming if you're not in the party mood yourself – perhaps this time of year reminds you of a bereavement, or there just aren't friends or family for you to celebrate with. Maybe you opt out of all the socialising and planning that comes with Christmas, but here are ways to keep your mood up...

CHRISTMAS CHATTER

If you find yourself getting lonely at Christmas, explore an online community where you can talk. There are spaces where you can chat safely, explore your feelings and not feel so isolated. Big White Wall is one such place for people with mental health symptoms who are finding it hard to cope: bigwhitewall.com. Another supportive community where you can talk about your feelings is elefriends.org.uk.

STAY TRUE TO YOURSELF

Be honest. Although everyone around you is expected to be socialising non-stop, be honest about what you want from Christmas. If it's not for you, that's fine. This isn't a 'failure' or a bad thing, simply the way you want to be, like the way people choose different summer holidays. Just accept it. That way, you won't have personal feelings of failure associated with the festive period.

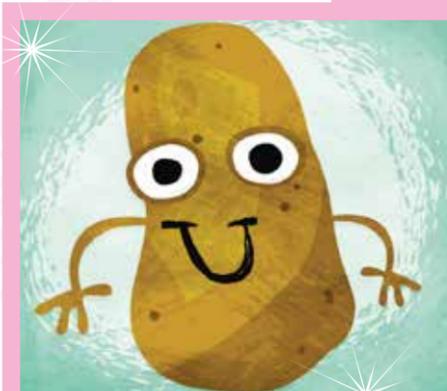


MOOD ENHANCERS

Keep your mood up with fresh air and exercise. A morning walk in the sunshine – alone, or with a friend – is so important, just like your 30 minutes of exercise a day. This is enough daily exercise to keep you physically fit, but also to keep your mood up. Daily sunlight is important through the winter for your mood, and you'll be surprised who wants to join you, despite the celebrations!

WINTER WARMERS

Even if you're choosing not to socialise, you can still relish the good food that is around at this time of year. Stock up on winter vegetables to make hearty soups; why not take the time to master a recipe or dish you've been meaning to try for a while? Batch-cook while you have time: make lots of food and freeze portions for tasty quick meals in January.



IF SOCIALISING IS NOT FOR YOU AT CHRISTMAS, IT'S FINE

FULFIL YOUR WISHES

Rather than thinking what you don't want to be doing, concentrate on what you do want to do. If it's your time to remember a loved one, or focus on some 'me time', then organise that and do it. Everyone is making plans: you can make plans for the time off, whether that's some much-needed relaxation time, or just a chance to indulge in some old photo albums and memories.



KEEP UP CONNECTIONS

Social support and relationships are good for your physical and mental health. Even if you want to opt out of the usual Christmas routine, keep in touch with your supportive relationships – whoever those may be. You don't want to lose connections, because your support network is important for your mood: that's what keeps us mentally healthy. Make plans to phone a friend each day, even just for a five-minute chat.

Look younger with Lesley



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

'Tis the season to be beautiful, so it's time put on your most gorgeous party face. Here are some of the best festive facial tweaks.

BOOST YOUR FACIAL CURVES

In a young face, the widest part is the cheeks, tapering down to the chin. We call this the Triangle of Youth, and restoring volume with a Liquid Lift can make you look fresher as well as treat wrinkles and sagging skin. During the 45-minute procedure, various fillers are used according to the facial area being treated. A hyaluronic filler is injected under the cheekbone muscle to give your lower face a lift. The hollows under the eyes are injected with a finer filler, smoothing the area. It's painless and you'll see instant results, lasting up to a year. Prices start at £350.

CHIN UP

High Intensity Focused Ultrasound (HIFU) can help lift and tighten skin and reduce fat cells. It delivers heat energy to stimulate a wound-healing response to repair collagen. Costs £500. To reshape, a new volumising filler called Ellansé can be used to give the same effect as an implant. The 30-minute procedure can reduce over-prominent chins or add volume. Results can last up to 18 months. Prices start at £650.



REDEFINE YOUR FOREHEAD

A wide, smooth forehead can open up the face and make you look younger. When the temples sink inwards, they can cause an imbalance. But, once 'reinflated', the entire face looks lifted. Sculptra involves injections of poly-L-lactic acid to stimulate collagen production. Up to five treatments give a natural look to hollow areas. Results last up to two years. Costs £450.

AND DON'T FORGET...

- A favourite of Michelle Keegan's, Janjira Marine Radiant White Brightening Eye Lift, £28, under make-up, will brighten dark circles.
- For the ultimate glow, try a radiance booster like Diego Dalla Palma Lifting Effect Perfecting Primer, £24, under your foundation. It will blur imperfections and give a fresh, luminous appearance.
- Give your face an instant lift by dabbing light concealer on the outer corners of the mouth. It's an old technique of Max Factor's from the days of black-and-white films.
- For a quick fix to freshen up your make up, rub moisturiser into the palms of your hands and pat over your made-up face. Your skin will look dewy and refreshed.

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