

WELLBEING

'Break goals into small chunks'



Combat cravings: Ditch the diet and eat carbohydrate-heavy meals early in the day

» Continued from Page 29

Fitness. 'It's fine to say you want to drop the pounds or up your fitness level, but think of this as the end goal. To get there, you need to break it down to manageable chunks. Aim to go swimming once a week in January, or make a healthy soup on a Sunday for the week. Come February, set new goals that are a little more challenging. Slowly you are making small lifestyle changes to keep you on track longer.'

2. DITCH THE DIET

'Diets will fail for most people, almost all of the time, because our brains are designed to resist,' says Dr Jason McKeown, one of Britain's leading neuroscientists and CEO of Neurovalens. 'When it comes to weight-loss, our brains are hard-wired to fight back when we lose weight. This is because when we eat less the brain senses a problem, so it essentially increases your appetite in response - it wants you to eat the "right" amount. The brain sets you to crave mode as it tries to get you back on to what it thinks is the right path as quickly as possible. Combating cravings can be the hardest part of a New Year

diet, so try eating more carbohydrate-heavy meals earlier in the day. This will keep you fuller for longer and has also been proven to help prevent weight gain as our bodies have more time to digest the foods during the day.'

3. CREATE HABITS, NOT RESOLUTIONS

'Resolutions are totally overrated so ditch them immediately,' says Leon Taylor, Olympic diving medallist and instructor on the Mindbody app. 'Instead focus on forming new habits. Saying you'll do a half marathon in March might sound daunting, but if you get into the habit of running three/four times a week, the consistency of doing so will mean you'll smash that half marathon in three months' time. Create the habits that will make your goal inevitable. If you want to go vegetarian, start with Meat Free Mondays and work from there.'

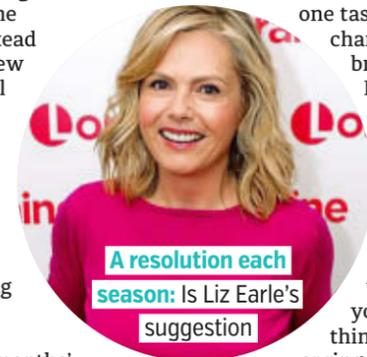
4. SHOUT ABOUT IT

'One way to keep on track with your resolutions is to publicly share progress,' says business coach and author Ruth Kidzi. 'By posting your goals on social media, you are making a commitment to the world which ultimately means you are more likely to stick to it. You can do this on your personal Facebook or Instagram profiles, or you can set up an accountability pod or group where you all share your progress and keep each other on track. It can

really help when you are struggling with motivation as you have a ready-made support network encouraging you from afar.'

5. ONE THING AT A TIME

'I'm always tempted to make resolutions for absolutely everything; be fitter, learn Italian, go diving - the list is pretty endless,' says Liz Earle, MBE, founder of Liz Earle Wellbeing. 'But I've learned that if I focus all my energy into just one task, or one behavioural change at a time, it brings greater success. If there are a few things you'd like to "get done" this year, why not start a new resolution each season and not just at the start of the year. That way you can put all your energy into one thing at a time and come spring have a fresh challenge to embrace - hopefully with success.'



A resolution each season: Is Liz Earle's suggestion

6. SAY 'NO'

'The downfall of our resolutions is not always a result of our own temptations, but succumbing to the influence of those around us,' says professional life coach and holistic health expert Geeta Sidhu-Robb. 'Far too often we are people pleasers, striving to please those around us. This could be as simple as finding it hard to turn down pub drinks because we feel guilty letting a friend down. The only way to see your goal through is to practice the art of "No" when it comes to friends, family or colleagues. It will free up time to show yourself the love and compassion needed to action your resolutions with a clear mind.'



Start small to achieve big... says Olympian Leon Taylor

BEAT THE JANUARY BLUES WITH THESE WAYS TO BRIGHTEN YOUR MOOD

TAKE A TRIP

Donnington Valley Hotel and Spa in Berkshire has launched a Winter Sunshine break. The mood-boosting package includes 25 minutes of Aqua Sun Therapy; a soothing bath with 21 minerals from the Dead Sea under an ultraviolet light. There's full use of the spa, a three-course dinner and an overnight stay with breakfast. £149, per person per night, donningtonvalley.co.uk



BE THANKFUL

It's easy to forget the great things we have in our lives when we're feeling low. So, a Gratitude Journal is a way to remind us of what we should be thankful for. Studies have shown that when you write things down it can lower your stress levels. *Jin.B. Personalised A5 Gratitude Journal, £25, notonthehighstreet.com*



GET THE ENERGY SWIRLING

Charlotte's Web Jewellery has launched a collection of necklaces that will help you rebalance your seven chakras, which relate to energy in the body and are symbolised by a colour. The red necklace, left, relates to the root chakra, located at the base of the spine and acts as your safety on earth. £90, charlotteswebuk.com



DON'T BE SAD

Lots of people will suffer from the winter blues, known as Seasonal Affective Disorder (SAD), caused by a lack of sunlight. So, invest in a SAD lamp. These desktop lights (or alarm clocks with lights built in) emit a bright, but safe, light to boost your mood. *TaoTronics 10000 Lux Day Light Therapy Lamp, £39.99, amazon.co.uk*



EAT AND BE MERRY

Fad diets make you miserable because you're probably cutting out the foods that boost your mood. So, it's OK to treat yourself. A couple of squares of dark chocolate have been shown to release endorphins and boost serotonin. *Doisy and Dam, The Daily Dose (one bar for each day of the month), £26, doisyanddam.com*



HAIR LOSS?

QUOTE METRO WHEN YOU CALL TO GET 10% OFF!

Guaranteed Results

- Non-Surgical Hair Graft
- Laser Hair Re-Growth Therapy
- Free Consultation, Confidential and without Obligation
- Recommend by The Trichological Society
- Look & Feel 10 Years Younger
- Affordable Hair Loss Treatments

We understand hair loss can be a stressful, it can effect both your confidence and appearance.

Hair Development have over 40 years' experience in non-surgical hair restoration with GUARANTEED results.



For your free & confidential consultation contact our London Hair Loss specialist 020 7790 4567 www.hdhairreplacement.com