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*Light a
feelgood candle*

Get into your cosiest nightwear and let the serot, orange blossom and ylang ylang in this Eym Soul candle, £39 (5), invoke feelings of joy and happiness. It also helps to calm the nervous system, which we are delighted about

SAY NO TO SLEEP ANXIETY

Sleep anxiety, it's a thing. According to Kathryn Pinkham of The Insomnia Clinic, it is a type of anxiety usually related to performance or health associated with sleep deprivation. "People feel anxious that if they don't get enough sleep, they won't be able to perform at work or be a good parent. This anxiety about sleep leads to further poor sleep," explains Kathryn. With common

cases being the inability to fall asleep or waking through the night, here she shares her top tips for not over-focusing on sleep...

1. Don't spend too long in bed

The first thing we do when we can't sleep is start going to bed earlier to try and increase our opportunity for sleeping. Reduce the amount of time you spend in bed, go to bed later and get up earlier, this will encourage your body's natural sleep drive to kick in. By reducing the time you spend in bed you will crave more sleep, fall asleep faster and find the quality will improve.

2. Stop clock-watching

It can be tempting to look at the clock every time you wake up to monitor how little sleep you are getting. However, this only increases the pressure to fall back to sleep and makes it even more less likely. Set your alarm for the morning then try to avoid looking at the time again.

3. Don't lie in bed awake

If you can't get to sleep, or have woken up in the middle of night, get out of bed. The longer you lie in bed trying to fall back to sleep, the more frustrated you'll get. This, in turn, means you begin to subconsciously relate bed to feeling stressed and being awake rather than asleep. Leave the bedroom and do something relaxing, like reading a book, then when you are tired go back to bed.

4. Manage your thoughts

A busy mind is one of the most common culprits in keeping us awake at night, so find a 20-minute window every day and write down what is on your mind. Ask yourself, 'What is currently causing me to worry?' to identify the top things that are on your mind.



BATHE AWAY THE BLUES

A recent study by researchers at the University of Freiburg in Germany assigned 45 people suffering from depression to take a 30-minute soak in a 40C bath every evening, followed by a further 20 minutes in a warm blanket with a hot water bottle, or to take 45 minutes of aerobic exercise twice a week. Eight weeks later, and using a depression scale to describe their mood, the bath and blanket group's mental wellbeing improved by six points. So next time you turn on the taps, try adding BeYou's Chamomile and Jasmine Bath Bomb, £5.99 (6), or revitalise with Kloris' Revive Bath Block, £15 (7).



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FEEL THE HIGHS

CBD has become a star ingredient over the past few years, used in everything from oils and balms to drops and drinks. “People want an accessible and natural tool to help remedy daily issues, such as sleep disruption and stress,” explains Kloris founder Kim Smith. And CBD does just that.

So how does it work? CBD is just one of more than 120 cannabinoids extracted from the hemp or cannabis plant. The CB1 and CB2 receptors that are present in the brain control the likes of the immune system, inflammation, pain, coordination, mood and memory to name just a few, and CBD balances these out by regulating and supplementing the CB1 and CB2 receptors. This might all sound a little complicated, but understanding how CBD works makes it easier to choose the right way for you to incorporate it into your routine. “Taking it under the tongue is great for more systemic issues, such as sleep, anxiety, internal inflammation, overall wellbeing and immunity. Applying it topically to the skin is ideal for targeted use, such as skin conditions and local aches,” says Kim. Use the Kloris Uplifting CBD Body Oil, £35 (8), to target local aches and pains, or Dr Ed Rest Oil 5%, £48.99 (9), to help with sleep.

Fancy taking it a step further? Gregor Zorn, Cannaray’s chief science officer, says, “With issues that are deeper in our body, such as joint pain, massaging the area for ten to 15 minutes usually increases the effectiveness and absorption”. Try a CBD massage at LondonCryo, and choose to focus on either deep relaxation or boosting the immune system by stimulating lymphatic drainage, both £120 for 60 minutes.

AND BREATHE...

Often feel breathless? Try these quick techniques from Alan Dolan, founder of Breathguru, while you’re on a run or sitting at your desk

Equalising breath

Breathe low down in your abdomen. This is known as abdominal belly breathing. Equalise your inhale and exhale using a ratio of 2:2 or 3:3 inhale to exhale. You can practice this while walking before you bring it into your run to steady your breathing.

Punctuation breath

Sit up straight and join your hands together behind your lower back, taking them downwards to open your shoulders and chest. Still sitting upright, place one hand on the abdomen and inflate the tummy like a balloon as you inhale and let it go as you exhale. Practice this for a minute or two to bring calm when you are having a hectic day and feeling overwhelmed. If your stress levels are exceptionally high, lie on the floor and do the same balloon breath – this is a great nervous system calmer.

Transparency, quality and education are the buzzwords around the future of CBD, with brands trying out new ways of making the ingredient accessible. “Our focus is product innovation into the most enjoyable and effective ways of using CBD while retaining consistent quality,” says Kim. Some brands have even taken the innovation further. Activewear company Acabada ProActiveWear is currently trying to harness the power of CBD by allowing the skin to absorb it through specially-designed pyjamas, while the CBD Candle Company has created a range of CBD-infused candles (the clue is in the name) with scents from lavender to lemongrass, to aid sleep and relaxation.

HOW TO MANIFEST

We consulted Giselle La Pompe-Moore, spiritual advisor and founder of Project Ajna, for guidance

What is manifesting?

Manifesting harnesses the power of the mind to create the life that you desire, by bringing your thoughts into physical form. To manifest, we’re required to look at what’s in the way of us having what we want. This is usually rooted in limiting and self-critical beliefs. Through manifesting, we can start to see the world with endless possibilities, knowing that while we may not be able to control the outer world, we can control our inner world.

Step 1

Take your time to gain some clarity over what you’d really like your life to look like. Dig deep to see what your soul is craving and focus on how you want this desire to make you feel, this will really enrich your manifesting process.

Step 2

Connecting with the universe, spirit, or anything you believe in is key for manifesting. Believing that this stuff works and being able to trust in what your manifesting is coming, is crucial. Daily meditation,

journaling, or spiritual practice will fast-track this.

Step 3

Embody what you’re trying to manifest, as soon as you ask for what you want. If you’re trying to manifest more financial freedom, then repeat money affirmations and learn about money management. Don’t keep checking in with what you’ve asked for, everything works in divine and aligned timing.