

YOU & Improved

Health, heart, happiness – how to supersize your life



Has your burnout birthday arrived?

Does your 'to do' list need its own 'to do' list?

Overwhelmed by your work/life balance? Too busy to even read this properly? Are you 34? Why do we ask? Well, enough of the questions – new research has shown 34 is the age that women are most likely to struggle with juggling all their 'jobs'.

It makes sense. Around your 34th birthday your career is likely to be soaring, you have mates aplenty and your

family life, in whatever form, is pretty key.

Moving on from 25 – the same study found this to be the happiest age – things start to get complicated. Everyone wants a bit of you and, a typically female trait, we want to please each and every one of those people. Thankfully, 34 or otherwise, you can multitask all the mayhem right out.

Write a weekly 'to do' list rather than a daily one. Sharing out your tasks calendar-style will help you make realistic deadlines, prioritise and feel like you're not going totally mad.

'When you have a minute, read over your "to do" list,' says career/life and workplace coach Alice Stapleton (alicestapleton.com). 'Do the task you have the energy for immediately – it doesn't matter if it's the most important or not – then let the others follow. But if a task is still on your list after three months and it isn't getting done, just let it go. Perhaps it's not worth the hassle. Move on and focus on the things you do have the inclination to do.'

'Set yourself half-hour time slots,' says Alice. 'Whizz through all the tasks you can in that time. Return to the list the next day and blast through it again. This helps focus the mind so you don't spend ages procrastinating.'

Lastly, psychologist Dr Elinor Milby suggests we learn to say no. 'If you're a people pleaser, it's easy to forget that saying no is a perfectly acceptable answer to other people's requests,' she says. 'Be firm but polite and don't apologise. Saying no doesn't mean you're being selfish. It shows you know your own limits and it could be the biggest favour you can do yourself when you're feeling overwhelmed.'

PDRs

A guide to posting your own **Public Display of Reconciliation**

Been falling in and out of love in front of everyone? Sort it in a suitably starry way

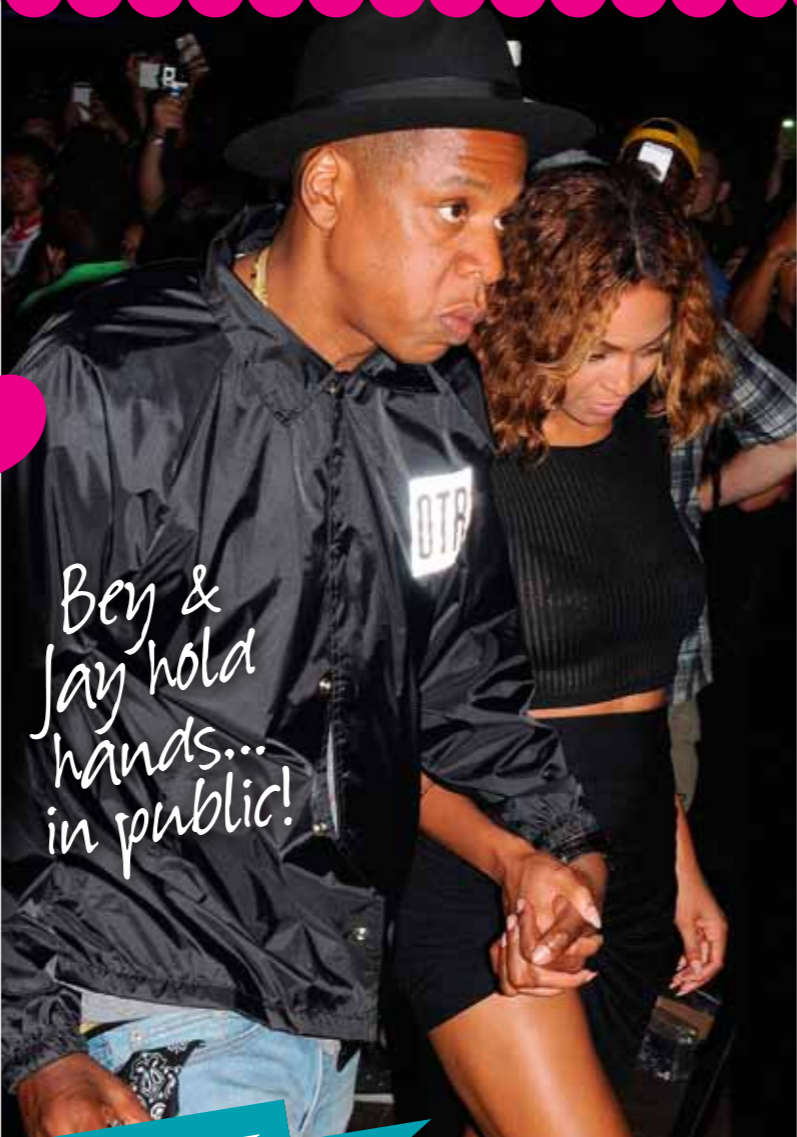
From Jay-Z and Beyoncé to Kim Kardashian and Kanye West, celebs are at it all the time – falling out, then making up in full view of everyone. OK, so you're probs not doing it on the red carpet, as part of a reality TV show or even in a lift (well, maybe in a lift), but if you've been putting your dirty laundry out there, here's how to use social media like pros to prove that you're back on track...

1 Pap a cute couple selfie but make fun of yourselves using an app such as *A Beautiful Mess* (69p on iTunes). It allows you to add speech bubbles, doodles and

the like for added larfs. Nothing says 'we're shrugging it off' like a LOL-athon.

2 Create an 'official statement' and pop it up as a joint Facebook status. 'Dave and Sarah have accepted that their behaviour in the Fox & Duck last week was unacceptable. They have both discussed the issues and are now moving on. They would like to thank you for your patience and understanding at this time.'

3 Make a reality TV spoof of your row and subsequent making-up. Post it on YouTube, then share the link with your favourites.



Bey & Jay hold hands... in public!

CHART OF TRUTH WHAT'S WORSE?

Not cleaning your teeth or borrowing your mate's toothbrush?

Er, skipping a brushing is actually less evil. A toothbrush contains more than 100 million types of bacteria that are specific to you. Vom.



Going to bed at 4am post-party or staying up?

Staying up all night is actually better for maintaining your sleep pattern as your body will be super-ready for your usual lights out time the next day.



Sipping on regular Coke or the diet version?

The classic wins as it's made with real sugar as opposed to chemically created ones. Although it's much better just to have some water and fruit instead...



Fats or carbs?

Trick question – you need good versions of both. Good fats, found in oily fish, nuts and avocado, are needed to help the body grow new cells and absorb vitamins. Good carbs, found in brown rice, chickpeas and sweet potatoes, are what the body breaks down to give you energy. Eat both in moderation.



Just how evil are your dirty habits?

ON TRIAL

Super powders

Best for... tea lovers
Teapigs Super Power Matcha Green Tea, £26

Loads more antioxidants than a traditional cuppa as the powder is made up of ground leaves, so you ingest all the goodness, rather than just sipping the brewed water that's touched it. Kapow.



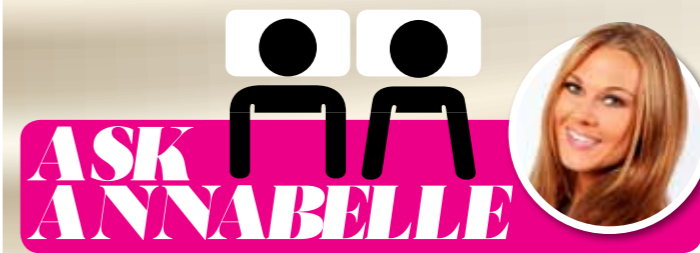
Best for... smoothie sippers
Naturya Wheatgrass, £6.54

Made with juices from wheatgrass shoots, this is the perfect add-on to your smoothie. One serving, blitzed with fruit or veg, will boost your immune system and give you energy.



Best for... porridge eaters
Zingology Organic Strawberry Powder, £24.95

One scoop of this fruity powder is like tucking into half a cup of strawberries. It's a swift vitamin fix, stirs easily into your breakfast and tastes yum.



Now's new sexpert Annabelle Knight answers your sex questions every week.

Q I've heard about jiggle balls – but can you tell me what they're for?

Emma, Doncaster

A Jiggle balls – also known as Kegel balls, pelvic toners or Ben Wa Balls – help to strengthen your pelvic floor muscles. That means better

bladder control and a tighter vagina, meaning better sex for both partners. You can get different weights and sizes of balls – start off bigger and lighter and, as your pelvic floor strengthens, you'll be able to move on to smaller, heavier balls. Just slick a bit of lubricant on the balls, pop them in your vagina and your body will naturally grip around them so they won't fall out. Lots of women report that they feel great, so they're a fantastic sexy secret that give your pelvic floor a workout, too!

SECRETS OF THE FITTERATI WEIGHT-LIFTING

Want to look like former *Hollyoaks* star and top body-owner Gemma Atkinson? We sure do – those ladylike curves, super-toned tum and ripped arms are on the top of our fitness want list. Well, in order to do this, get ready to lift. And we're not talking about raising your iPhone above chest level – this is all about weight-lifting. 'Ladies shouldn't be afraid to lift, it's a myth that lifting weights will make us bulky,' says Gemma, 29. 'We're not genetically designed to bulk up like a man does. I've been lifting weights for over a year now and it's perfect for fat burning, feeling strong and keeping everything tight and pert!' To get started, ask an expert at your gym or bag a personal trainer for a session to ensure that you're lifting correctly.



GEMMA ATKINSON

Inspo-gram Log in

ritaora
Rita Ora I Will Never Let You Down

OK, ladies, time to get it together and go to work with Rita Ora's seriously 'can do' attitude. On it, Rita.

DIVAS DON'T DO DRAMA WE DO BUSINESS

Leave a comment...

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