

NEVER GIVE UP

IN COLLABORATION
WITH **FRANK BRUNO MBE**

MAGAZINE

SUPPORTING
WELLBEING
& MENTAL HEALTH



**SPECIAL
OFFERS
BRUNO
MEMORABILIA**

**WISDOM IS
THE NEW
SUPERPOWER**

BRUNO INTERVIEW

INSIDE MY MIND

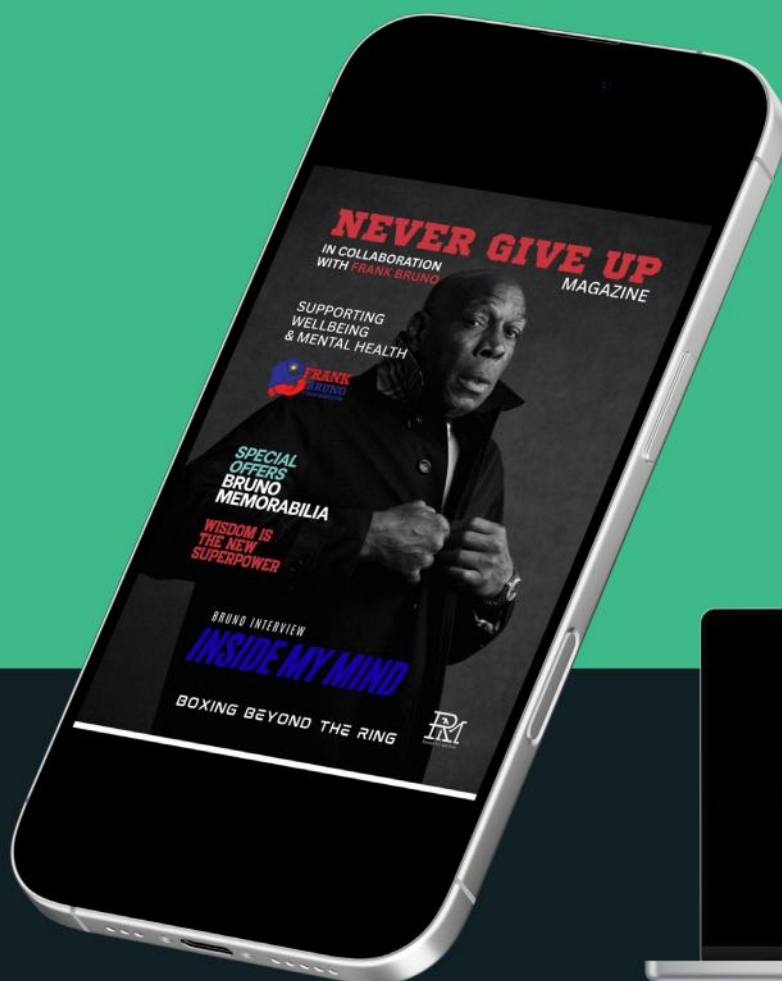
BOXING BEYOND THE RING





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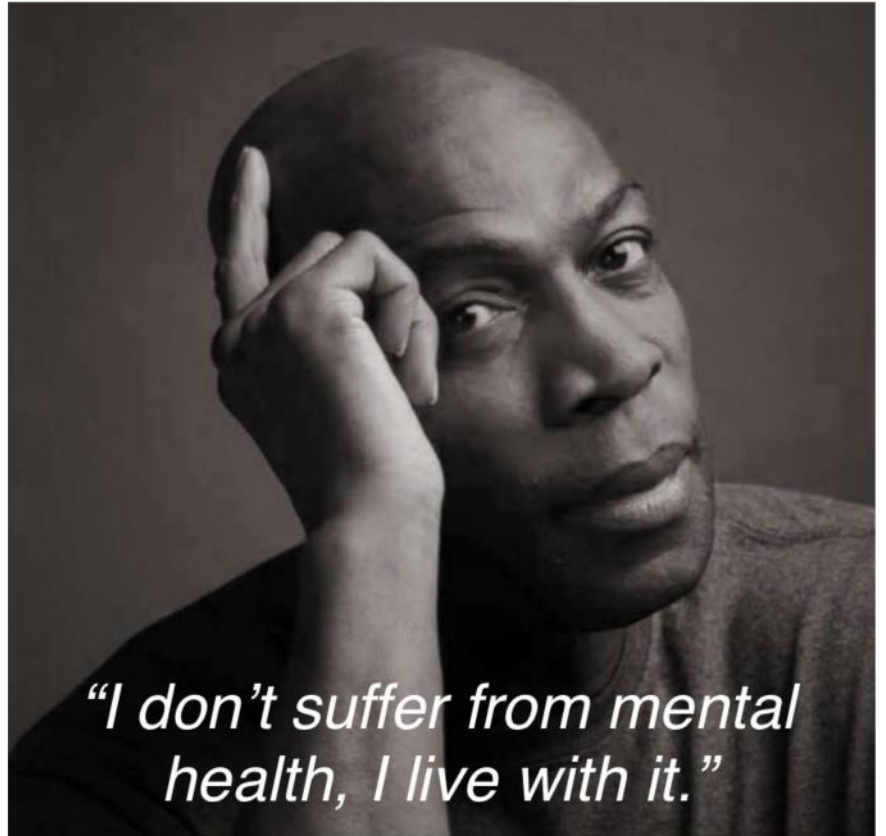
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Published by Ranath Media

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Editors Note



It is an honour to introduce the very first edition of Never Give Up Magazine, created in collaboration with the incredible Frank Bruno.

Like so many, I grew up watching Frank, an icon whose strength, presence, and determination captured the attention of a nation. But what makes this moment truly special is not just what he achieved in the ring, it's who he is beyond it. His honesty, his resilience, and his willingness to speak openly about mental health have made him an inspiration in a far more meaningful way.

This magazine is built on that same foundation.

Never Give Up is not just a title, it's a mindset. It represents the reality that behind every success, there are challenges, setbacks, and moments that test us. What defines us is how we respond. And through Frank's journey, we see exactly what it means to keep going, even when life is at its toughest.

The work being done through the Frank Bruno Foundation is a powerful extension of that message. Every day, lives are being supported, conversations are being opened, and barriers are being broken down. It is work that truly matters and it deserves to be seen, heard, and shared.

To be able to bring this publication to life and to help amplify a message that has the power to genuinely change lives, is something I am incredibly proud of.

This is more than a magazine.

This is the beginning of something that stands for strength, honesty, and hope.

And this is just the start.

Rany Athwall



RANATH MEDIA

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Interview with Frank Bruno MBE

Hi Frank, how are you? We heard you had some recent health challenges last year?

I feel really good now, a lot better than I was. I was travelling to Thailand to do some shows. I fell ill on the way, the journey started off good but a couple of hours into the flight I started to feel unwell, by the time the flight landed in Qatar I didn't know what was going on, all I remember was waking up in a hospital with drips and tubes in my arms, I had to stay in hospital in Doha for two weeks before they let me come back to England, I was taken to a hospital in London for another two weeks, they said I had caught some virus, it was very scary and would not want it to happen again. I don't really remember a lot about it.

What have you been up to recently, apart from that? Have you been watching boxing recently?

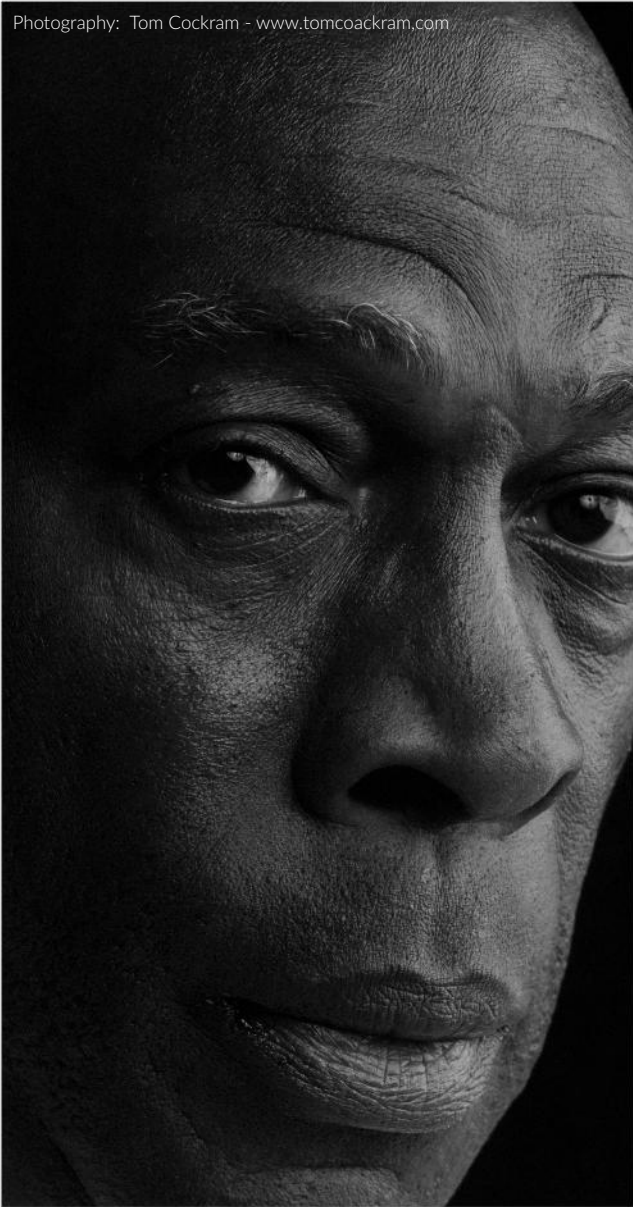
I was told by the doctors to take some time off, so we had to cancel quite a few shows. I have been in the gym every day training. I have a new personal trainer who has been pushing me and working me hard. She is really good and has helped me regain my strength. I've also been spending time at my charity in Northampton, it's called the Frank Bruno Foundation, it's a mental health charity, we do really good stuff helping people and teaching them how to eat better and how to look after themselves, so many people seem to be having mental health problems at the moment.

I went to the Connor Benn vs Eubanks Jr. fight. It was a great fight, toe-to-toe, clip-to-clip. There were about 70,000 people there; the atmosphere was great, and it was very well organised. I had a great time. It was nice to see Chris turn up to support his son; you have to support your kids. No 2 I watched on the TV the result that was written in the stars wasn't it! At last, both boxers can now get back to their own respective careers. There is an interesting year now with some great fights coming up.

You grew up in Wandsworth, London. Tell us what your childhood was like and how you first became involved in Boxing?

Growing up with five brothers and sisters in a terraced London house, I started boxing at 9 at the local Wandsworth Boys Club. I learnt to box more seriously while at Oak Hall School in Sussex, an establishment for 'problem' children. My mum was very strict, as a former lay preacher, she had a bit of a handful with me.

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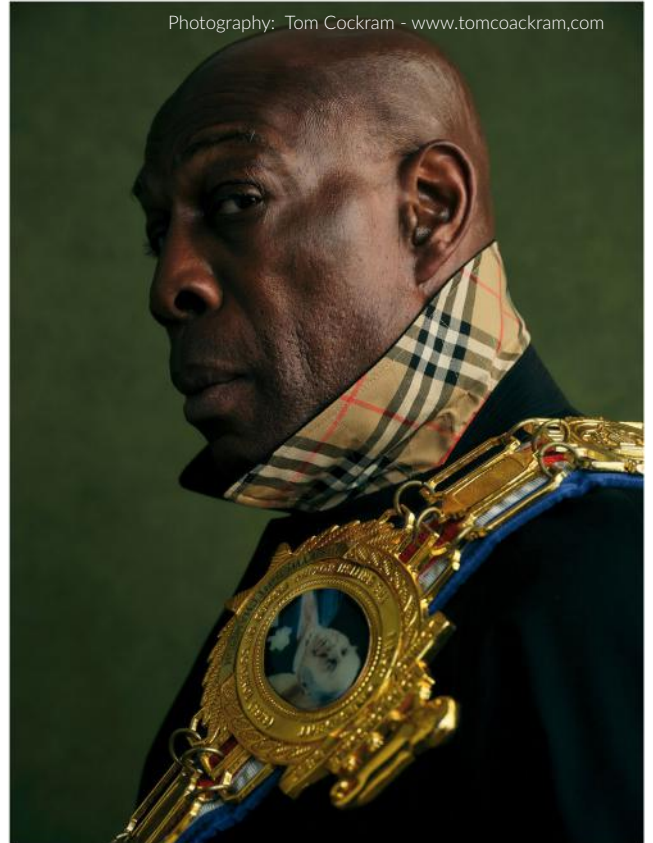
Your first professional fight saw you knock out Lupe Guerra in the first round at The Royal Albert Hall in March 1982, a fight that, because of your impressive amateur career, you were expected to win. What was your build-up like for that first fight? Did you feel the nerves or pressure more than in your amateur fights?

No more than normal, it's just that time I was getting paid for fighting, and at last, the pain and work getting prepared for the bout, I was getting a bit of money.

Tell us about your training regime, Frank. It is said that you were a very hard trainer. What would a typical day in the gym involve in the build-up to one of your fights?

Because of boredom, every day we tried to be different, but basically gym, weights, jogging, bags, sparring, maybe swimming, then all over

Photography: Tom Cockram - www.tomcoackram.com



again, early mornings and into the evenings, sometimes a sauna, it was best on training camp.

You racked up twenty-one straight knockout wins as a professional in remarkably quick time, just two years in fact. Terry Lawless and George Francis were your trainers. What was your relationship like with Terry and George in and out of the gym?

They were like my family; we spent so much time together. I trusted them with everything. I listened to them, and they had a pedigree with other World Champion boxers, so they knew what they were doing, both now sadly missed.

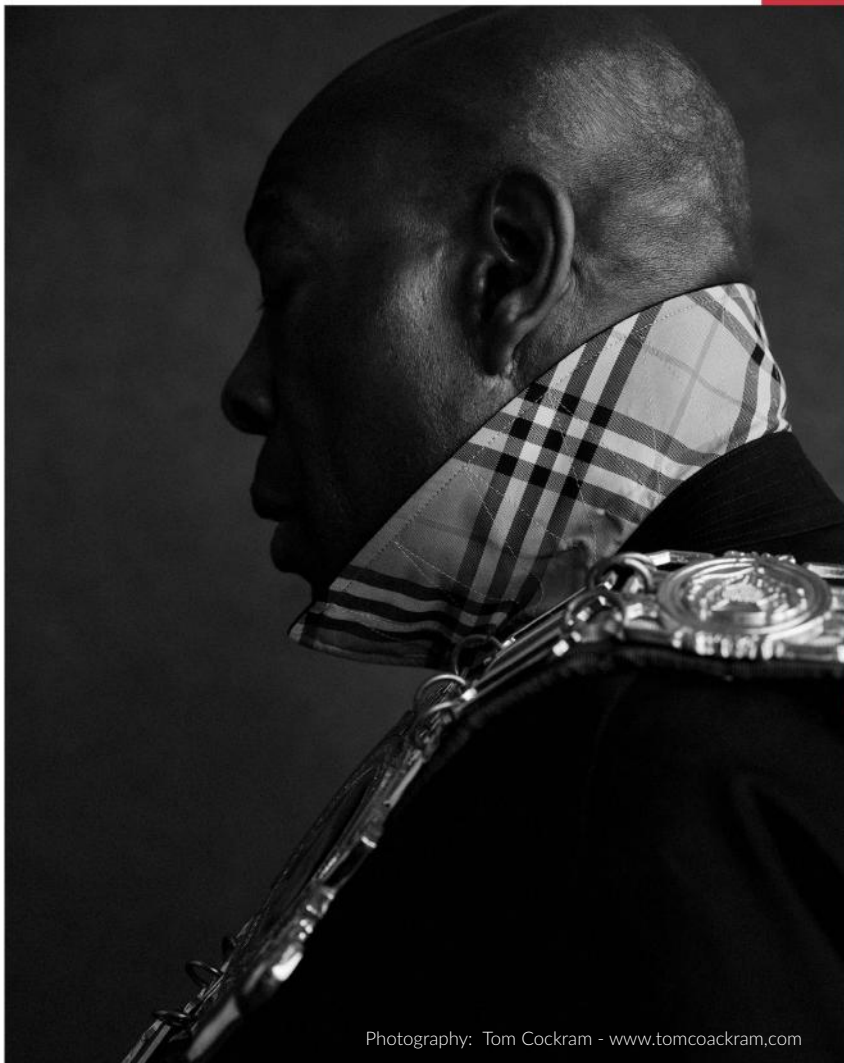
You were becoming quite a celebrity quickly, with the public and media taking you to their hearts. Your relationship with BBC'S boxing commentator Harry Carpenter was the catalyst, with your catchphrase 'you know what I mean, arry' becoming famous. What were your fondest memories of Harry Carpenter?

Harry was like another member of the family I learned to trust him when you have just finished a fight and are really tired you do not need a clever presenter trying to ask you tricky questions or catch you out especially when some of the opponents had verbally given me a hard time prior to a fight, I could trust him 100% another one that's gone and again really sadly missed

It was said in some quarters that Terry Lawless, your trainer/manager, looked after you a bit too much by matching you up with fighters that couldn't hit back hard in those 21 wins. What would you say in response to that?

I needed fighters that would give me a bit of a challenge but not destroy me with championship boxing you need to build slowly with each boxer a bit better than the one before so I could handle and hopefully beat the better opposition if I had fought the top boxers from the off I would have been totally outclassed and never got near a World championship challenge. Also, arranging bouts is a jigsaw, lots of politics, money, and mind games, especially when Don King was around, and that's why you need a team of people behind you.

Your first defeat came to James' Bonecrusher' Smith in May 1984, where you were ahead on points in the tenth but ran out of steam and were Ko'd in the 10th round (the longest you'd boxed before that was seven rounds when beating Floyd Cummings), did you feel that never having gone the distance before cost you in that fight?



Photography: Tom Cockram - www.tomcoackram.com

Looking back perhaps I was not ready for him he was a good boxer and he caught me and I had nothing left, if I fought again I would have fought differently, but I had trained to fight a whole fight to more than have enough steam to fight all the rounds in sparring we had to do this but if you have been hit and perhaps dazed, on reflection I should have gone on 1 knee got my senses back and put up a defence as well as trying to pick off a few punches.

You soon put that defeat behind you, winning your next 7 fights, which saw you become Commonwealth and European Champion after beating Ken Lakusta and then the big Swede Anders Eklund in October 1985. You then knocked out the tough South African Gerrie Coetzee in a World Title eliminator. Were you surprised at how quickly you disposed of him?

He was of good pedigree but did not seem to switch on-- on the day in boxing you want to get the job done quickly, and he just did not wake up. I was a little surprised but delighted. When training, you never know, and you cannot be careless; otherwise, you will be caught out.

In your word title 11th round stoppage defeat to Tim Witherspoon in 1986, the media were again quick to pounce on your 'tightness' in the ring. Citing it as being too muscle-bound, which was causing you to run out of steam in your fights. Do you agree with that?

No, not at all. I had trained hard to fight a whole fight. He got a nasty punch through my defence and followed with a succession; however, on another day, I could have beaten him. However, right from the off, he was sending some torpedo punches one after the other. In that round, he beat me; he won the fight. I lost. I would not say he was fitter than me; it's just two finely tuned athletes

playing a game of boxing chess, trying to outsmart each other.

Again, you got your career firmly back on track with four more crushing wins, including over adopted Aussie Joe Bugner at White Hart Lane in 1987 for the Commonwealth Title. What did you think of Joe Bugner after all the pre-fight sledging, where he referred to you as a 'C-class' fighter?

In order to sell tickets, the promoter wants a "war of words" between two boxers. This was towards the end of Joe's career; he needed to create media interest in himself, and having a go at me was the best way to do it, but it was all hype just to sell tickets. He and I got on well till his sad passing

It was Iron Mike Tyson up for you next in 1989 in Las Vegas, in your second attempt at winning the World Heavyweight Title. Did fear come into this fight for you? Did you fear Iron Mike any more than any other of your previous fights?

Tyson was very quick and a powerful boxer, but still only a human being. I knew if he took one or more of my punches undefended I could win, I was more concerned about letting the UK down, it seemed like it was UK V USA, there were old ladies rooting for me people that did not necessarily follow boxing, as a boxer you worry about getting caught he was scary but at the time just another boxer between me and the World Championship oh and a few pounds HA HA.

Q. After being stopped by Tyson in the 5th round, you again showed great determination and resilience to get your career back on track with four straight wins to set up an all-British showdown with Lennox Lewis for the WBC Heavyweight title in 1993 at Cardiff. You built up



an early lead with your stiff left jab swelling up the left side of Lewis's face, up until you were caught by a big left hook from Lewis, which resulted after a further barrage in a 7th round stoppage. Many judges had you in front on the scorecards at the time. Do you look back and think, after that, will it ever be my day?

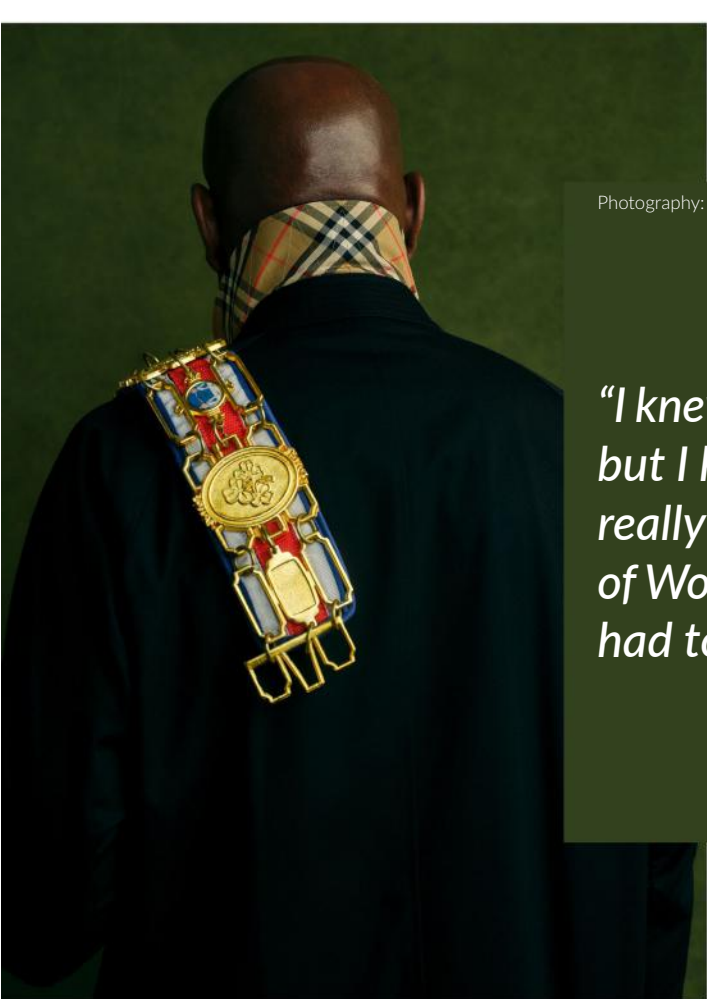
I just wanted to win the championship as a kid watching Muhammad Ali. I used to pretend to put my hand in the air: "Frank Bruno Champion of the World." I had disappointments, but in sport, there are winners and losers all the time, and a winner is not always a winner. I just wanted my time to be at the top of the tree. In boxing, it can very easily go either way if a heavyweight's punches connect just right "Goodnight", the opponent is gone

Your sheer determination and desire finally gave you the World Heavyweight Title at your fourth attempt when you beat Oliver McCall on points in 1995 at Wembley Stadium. A fantastic moment towards the end of a brilliant career. Your jab was doing the early damage and setting up a big points lead. Describe the feeling of that moment when the scores were announced?

There are no words in the language to describe the sheer brilliance of the moment, something I had waited for. For many years, all those miles I had run, all those weights I had lifted, all those punches I had taken in pain, doing it for my family, doing it for my country, you know, I slept with the belt that night!

After taking on Iron Mike for a second time in March 1996, you lost the WBC World Title in a third-round stoppage, and it was to be your final bout. Was that the plan to go toe to toe with Tyson from the off as the pace was relentless?

Tyson always wanted a quick fight. I hurt him in the first fight. He knew I could hurt him again and wanted me out of the way as quickly as possible. You never know what your opponent is going to do, but you have to be prepared for it without giving too much



“I knew it was my last chance to win the title, but I had problems with my eye. I was told I really shouldn't fight again, but that crown of World Champion was all I wanted, so I just had to get in that ring and give it my all.”

too early, as I said earlier, it's like a game of chess

Biggest influence in your career? Who was the hardest puncher you fought? Any career regrets, Frank? If you could change anything, what would you do differently?

Biggest influence Muhammad Ali. I loved the whole package with him; he was my inspiration. I cannot say who the hardest puncher was; you are tuned to absorb pain in training. All heavyweights punched hard, especially the ones who beat me. Anything I could have changed? Yes, I would have won all my fights and beaten Tyson!!!!

It's 30 years since the McCall fight. Take us back to the build-up to that event. Where were you in your head, in your career?

I knew it was my last chance to win the title, but I had problems with my eye. I was told I really shouldn't fight again, but that crown of World Champion was all I wanted, so I just had to get in that ring and give it my all. I knew he wouldn't be an easy pushover; me training hard before a fight was never a problem, but I'd always want to run the extra mile, do an extra half hour, do a bit

more sparring, push myself a bit harder. I didn't really want to be known as Frank Bruno "The nearly man," and let's be honest, being a runner-up or a loser is never quite the same as being the actual winner. This was my last chance. Yes, I would get a living, but being a World Champion, that's another level. Sadly, it was not a crown I held for long, but no one can take that away from me.

Would you say that was your crowning moment?

Without a doubt, followed by the birth of my kids.

Okay, we are going to have some quick-fire questions.

How were you during lockdown?

Well, I really struggled. I lost 3 people that I knew to Covid, and it hit home, excuse the pun, that I was as much at risk as the next man, so I stayed a lot of the time indoors. I did not handle it very well, but I have a good team around me who tried to keep me sane, and I did have a few hiccups along the way. I am now much better and could not wait to get back out to work properly again.

You have always been a snappy dresser. What do you wear when you have five seconds to get ready?

My pants, I'm brave and proud

Shop. Where could you spend the most time and money?

Harrods

You last splashed out on what?

My Merc

The one thing in your wardrobe you will never get rid of.

My MBE suit

What's your best investment?

Investing my time in boxing

If you could only wear one brand of clothes, what would it be?

Matalan

If you were to be stranded on an Island with a female, who would it be? (dead or alive) Male, dead or alive?

Madonna

The Best party you have ever been to?

The after-party of the fight between Lennox Lewis and Evander Holyfield in America

If we could take you anywhere in the world, where would it be?

Caribbean

What is your earliest memory?

Going to a Chelsea match with my dad

What sort of child were you?

Inquisitive and hungry for success

When did you last feel happy?

I generally am happy most days, but at my happiest when in the Healthclub or gym, my headphones on in my own little world.

When did you last cry and why?

Yesterday, thinking of my kids & Grandkids and the future and how lucky I am.

And your biggest disappointment apart from losing in boxing?

Not spending as much time with my kids as I would have liked to

What would you like to be better at?

Reading and writing

What are your best Character traits?

My sense of humour

And your worst?

Being very, very messy and pretending I don't see it.

Who would you love to have a chat with if they were still living?

I would love my Mum and Dad, God rest their souls, to be there, & Harry Carpenter, the former BBC Commentator.

What's your biggest fear?

Rats..

How do you relax?

Going to Champneys and listening to music

What, or who, do you dream about?

Loads of different things, mainly winning my belt

How easily do you fall in love?

No, not at all

Your Guilty pleasure?

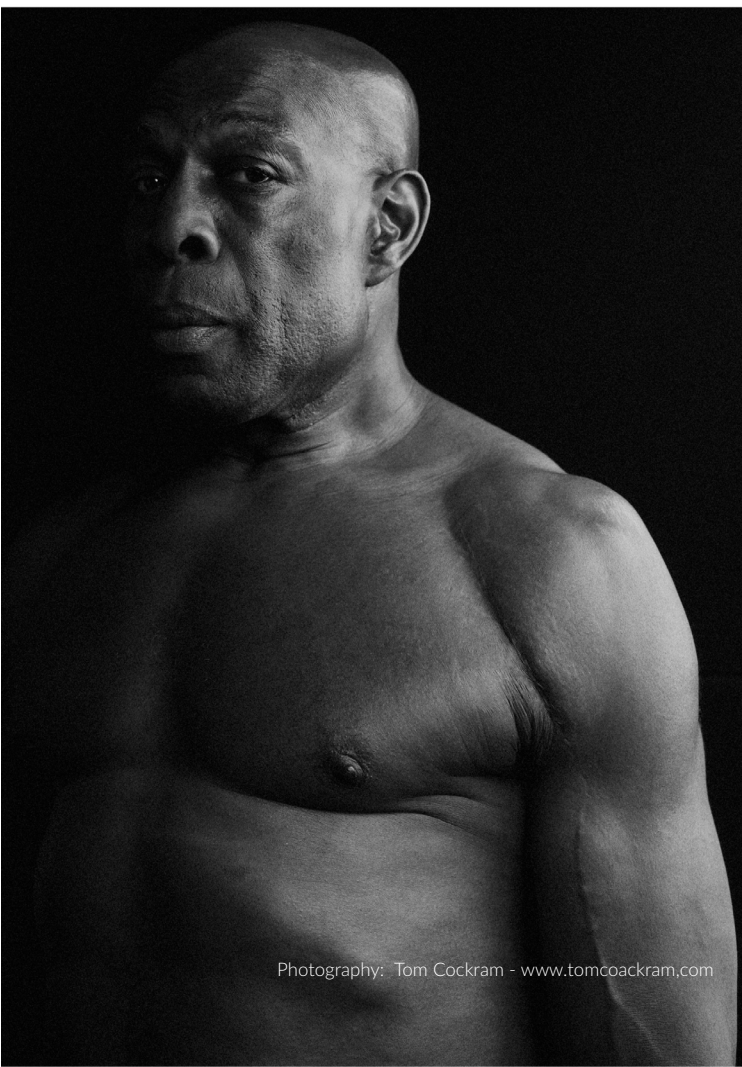
Cakes

Where would home be in your ideal world?

Lands' End.

Who would play you in a movie?

Will Smith



Biggest bugbear?

Bitchy people and people who tried to mug me off and love a gossip

As a child, what did you want to be?

A boxer

Secret to a happy relationship?

Being faithful

Your best quality?

I never judge people and will try to help anybody. I accept people as I find them, and I'm not driven by materialism.

And your worst?

That I never listen if I don't like the first few words

Most romantic thing you have done?

I don't know what that word is. Ha ha

Last meal on earth?

Rice and peas, Caribbean style.

Acting or singing, which would you like to do if you had a chance to become a professional?

Acting, of course, have a word- me and pantomime! Ha ha

Biggest musical influence?

Bob Marley

Secret skill?

Falling asleep anywhere!

Essential gadget?

My mobile phone, when I can find it

What do you see when you look in the mirror?

The last mirror looked in cracked! Ha

On a day off, when we'd find you?

In the gym or Champneys?

Starstruck moment?

When I met Michael Jackson

Career highlights?

Winning the World title

Favourite tippie?

I am not really a drinker, but Jamaican punch

Hangover cure?

I only ever had a hangover once when I was eight, and I've never got drunk since

Top of your bucket list?

To go on Richard Branson's new rocket to the moon

Biggest break?

Meeting Terry Lawless, my former manager

Most embarrassing moment?

Forgot my words in Panto and had to wing it.

Philosophy of life?

To be happy, you're here on borrowed time.

Dog or cat?

I love dogs best, but I have a pet cat.

Last film that made you cry?

The Colour Purple.

First record you bought?

Eddie Grant.

Greatest fear?

Dying.



Photography: Tom Cockram - www.tomcoackram.com



Style icon?

Me of course, have you seen my suits? He he

Your celebrity crush?

Madonna, shhhhh, don't tell her.

Happiness is?

Living

What's your most unappealing habit?

Picking my nose

Name 3 albums you really love.

Anything by Bob Marley, Dennis Brown and Dire Straits

Who, dead or alive, is/was your favourite person on TV?

The Two Ronnies

What radio station do you listen to?

Whatever is on.

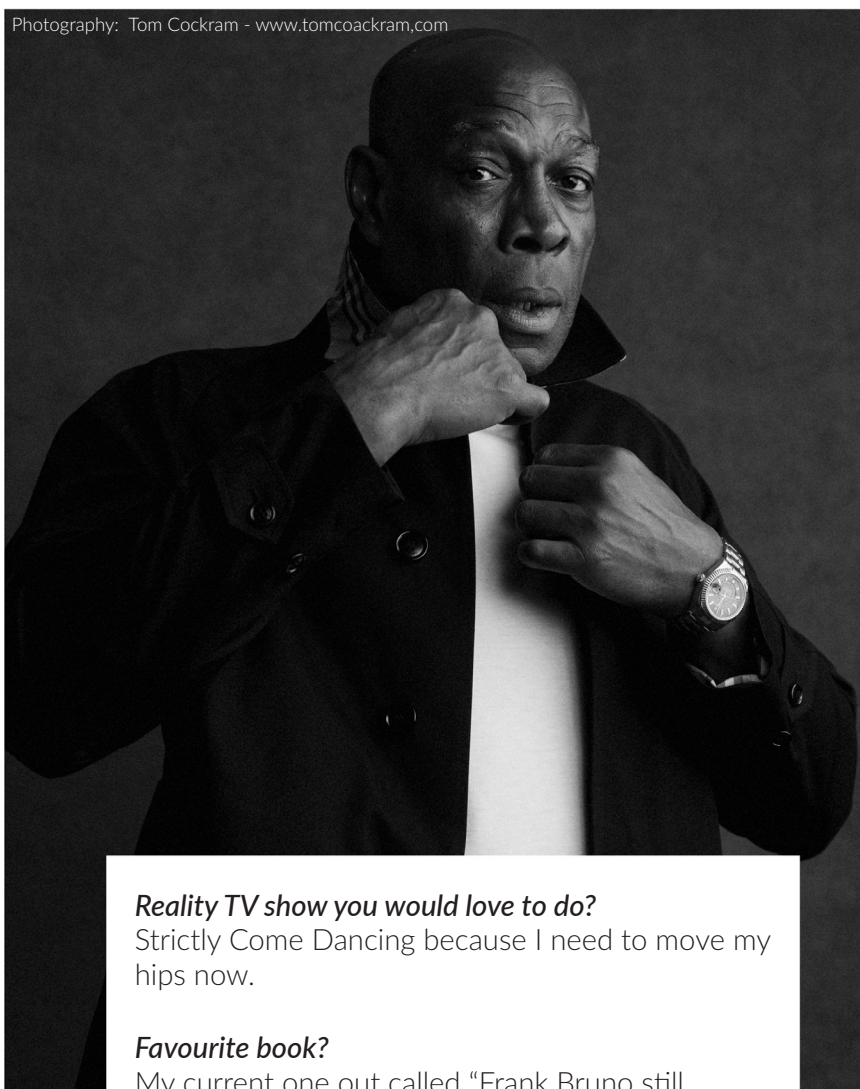
Favourite theatre show?

I like watching ballet & the Bob Marley story was great

If you had a dream dinner party for 5 people, dead or alive, who would you invite?

Prince, my dad, Eddie Murphy, Harry Carpenter and I'll sneak Madonna in too, and James Brown can entertain us!

Photography: Tom Cockram - www.tomcoackram.com



Reality TV show you would love to do?

Strictly Come Dancing because I need to move my hips now.

Favourite book?

My current one out called "Frank Bruno still fighting at 60"

Franks website for memorabilia and booking enquires

www.frankbruno.co.uk

Frank is on social media and active most weeks
Facebook, Twitter, and Instagram

Frank Bruno

WISDOM IS THE NEW SUPERPOWER

"Knowing yourself is the beginning of all wisdom" Aristotle

In times of great change, there are great opportunities. We are living through rapid and powerful change, collectively and individually. The opportunities to create higher states of being, to feel more secure and empowered and to forge new pathways to limitless success have never been greater.

Collectively, the change that the planet is experiencing is part of the natural Order of the Universe, the cycles of evolution that have been understood and foretold for thousands of years. This epic paradigm shift is not only natural, it is inevitable. It is impactful.

Individually, the change in your life is also natural. The stress, anxiety, fear or overwhelm that you may experience, as you navigate in these uncertain and challenging times, is your opportunity to take back your power, to connect with your deepest gifts and to act in alignment with your highest truths and spiritual calling.

Feeling confused, drained, defeated or burned out is your opportunity to breakthrough old paradigms that no longer serve you. It is through your commitment to strengthen your relationship with yourself, to "know thyself", that you cultivate a state of inner security. From this foundation of being Centered, Connected and Conscious™, you easily access your inner knowing, the empowerment beyond confidence that you can turn any crisis or situation into success and find solutions to any problem. This inner knowing lives in the center of your being. It is the superpower that exists within you. It is your wisdom.

"The most valuable asset is no longer knowledge, it is wisdom."



“To be like the rock that the waves keep crashing over. It stands unmoved and the raging of the sea falls still around it.” Marcus Aurelius

To be the rock in the midst of raging seas, to be the Buddha in the middle of the burning inferno, to allow the burdens and circumstances of life to flow around you, not drown you, is to live in the strength and power in the center of your being. This immutable life force is your security, your wholeness, the purity of your essence where wisdom exists and miracles are born.

Reclaiming your wisdom is your birthright. In a world where artificial intelligence is reshaping industries and information is just a click away, the most valuable asset is no longer knowledge – it is wisdom.

From an intellectual perspective, wisdom may be considered a trait to be earned. One may choose to gather wisdom through life experiences. While this may be true at a logical and functional level, earned wisdom is essentially intellectual knowledge that has been experienced, embodied and transformed into trust and confidence in oneself. Wisdom is much deeper than enhanced knowledge with self-reflection that leads to empowerment.

Wisdom, in its greatest power, is the ancient consciousness that already exists within you. This sacred wisdom is the ultimate superpower. Sacred wisdom expands paradigms of consciousness into evolving states of being that elevate humanity to its highest potential.

Wisdom is more than a trait; it is a gateway to freedom, the inner freedom that is breaking the molds of intellectual control and obedience to artificial authority. The power of wisdom is expediting collective and individual growth with flow, ease and peace.

Consciously living in your wisdom helps release fear of, and resistance to, change. Barriers to personal and professional growth dissolve. Decisions become efficient, actions become trusted and vision becomes crystal clear. When acting from wisdom, you trust yourself. You can take a stand to honour yourself and what you believe.

Accessing your sacred wisdom is living with sustainable power, achieving new heights of performance and expanding perspectives and beliefs about what is possible.

Sacred Wisdom: The Imperative of Conscious Leadership

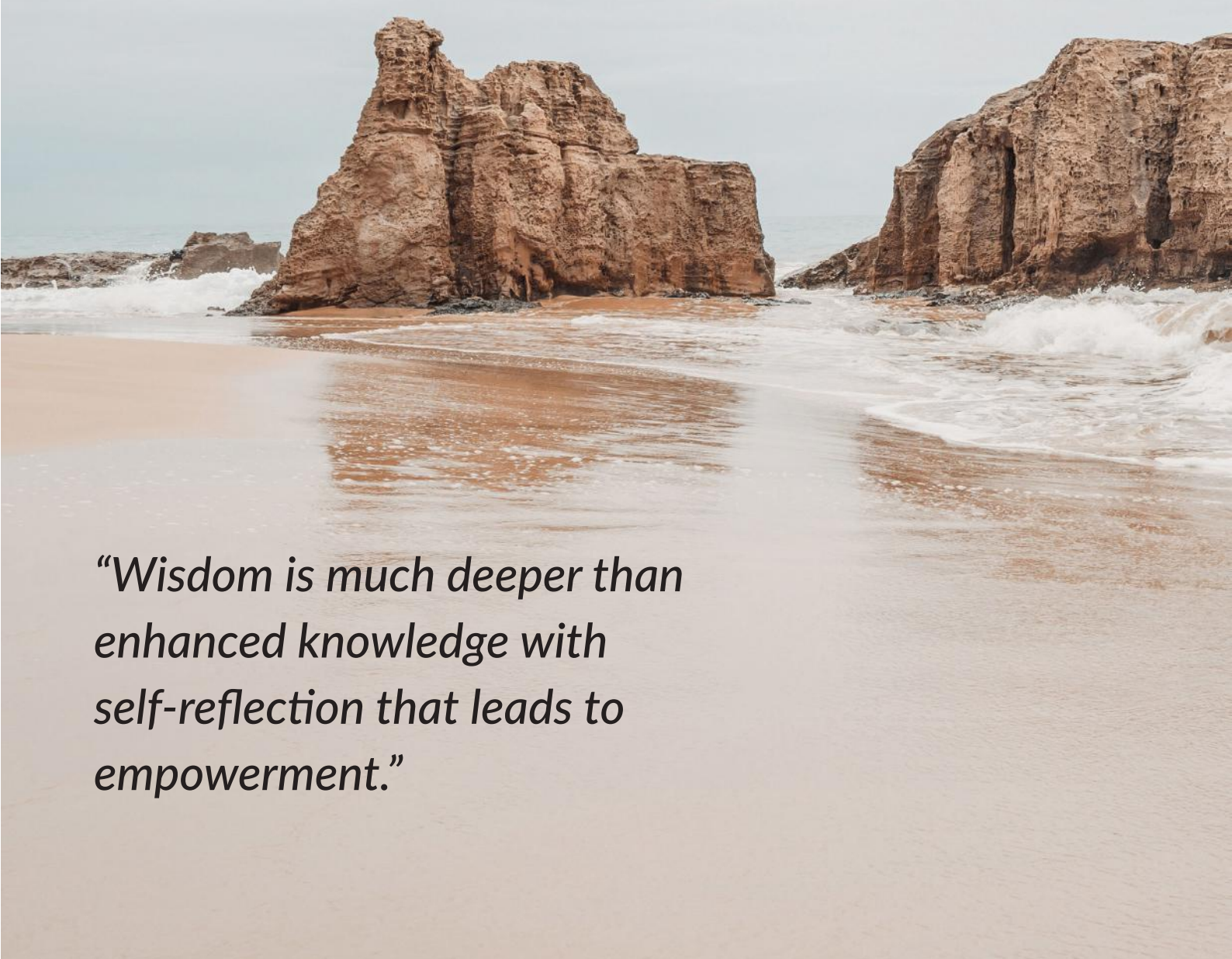
Sacred wisdom with benevolent decision-making is a pillar of conscious leadership that levels the playing field for all of humanity.

The old belief that we must lose something in order to gain something else is now obsolete. Every individual gain can now be a collective gain. Why? Because the validation, self-worth, wisdom and sovereignty that you are seeking exists in you, and in every person. You are already a conscious leader of your life, if you so choose. You are already sovereign, whole and free, if you desire to remember who you are.

The currency of wisdom is part of the rapid evolution of humanity, the return to the equality, the dissolution of differences as the natural order of Oneness returns to the planet and is activated and cultivated within collective consciousness. The honouring and celebration of wisdom will not create greater differences. It will unite those who wish to become who they already are . . . high spiritual beings having a material experience of joy, fulfillment and mastery on Earth.

The old paradigm of subjugation and enslavement has played itself out. It is done. You can be a slave to anything, anyone and your own beliefs. You choose with your free will. As wisdom is honoured not just in global leadership, but in individual conscious leadership, there will be expanding opportunities to evolve out of the separation of division, lack and struggle into the freedom of wholeness, security, abundance and peace.

***"I have always been regretting that I was not as wise as the day I was born" - Henry David Thoreau
Your sacred wisdom has been waiting for you, for a very long time.***



***"Wisdom is much deeper than
enhanced knowledge with
self-reflection that leads to
empowerment."***

Thoreau wrote the above quote in the early 1800s. A revealing statement of how his wisdom was not fully honoured in his daily life. In 2025, two hundred years later, most of humanity could still say the same . . . to regret not accessing their sacred wisdom.

Wisdom is your superpower. It is your gift at this pivotal time of transformation. Wisdom is the insight that will ignite new possibilities, the awareness that will expand new potentials and the vision that will align your soul with the most benevolent pathways for all. Your wisdom will guide and support you as the conscious leader of your life.

As humanity evolves through these uncertain and challenging times, the imprints in the psyche of human consciousness to keep you feeling stuck, drained or in despair, to block you from taking positive action in the midst of challenges, are dissolving.

The time is now to embrace courage and journey to the center of your being. To know yourself is to celebrate the power of your wisdom. As you graduate from high school to university in the evolution of your soul, you reclaim your sovereignty. You create new pathways of universal abundance. You become the wise, conscious leader of your life, and the world.

Lidia Kuleshnyk is a High Performance Wellness Coach, 4X Bestselling Author and Founder of AponaHealing.com. As a Renaissance Woman and Thought Leader, Lidia offers pathways, for every stage of personal development, to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ Life.

Connect with Lidia Kuleshnyk
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The Champion's Mind Real Strength, Resilience, and the Daily Practice of Mental Health



“Resilience doesn’t mean never falling. It means knowing how to get back up — again and again — with your mind, your heart, and your hope intact.”

There’s a version of strength the world admires: the kind that looks tough, steady, unshakable. It’s the kind of strength I once believed in too — the kind that keeps smiling, keeps producing results, keeps showing up no matter what’s happening inside.

But there’s another kind of strength, and it took me decades to understand it. It’s quiet. It’s honest. It’s the kind that says, “I’m not okay today — and that’s okay.” It’s the kind that learns to sit in discomfort without hiding from it. The kind that rebuilds slowly, tenderly — with patience and daily care.

I grew up in a world where emotional chaos was part of the air I breathed. My mother suffered from schizophrenia — a painful, unpredictable reality that shaped my entire childhood. As a child, I learned to survive by becoming strong, reliable, even perfect. I buried my emotions deep and focused on achieving, succeeding, helping others. From the outside, I was thriving. I held it all in — the pain, the fear, the exhaustion — because I didn’t know another way, and I never gave myself permission to feel.

Years later, I would go on to build a respected career, lead groundbreaking work, and carry responsibilities that would overwhelm even the most resilient people. Eventually, life caught up with me — and the quiet pressure inside cracked. I had been strong — fiercely so — and I had survived. But in the process, I became so hard on myself that I stopped listening to my own feelings. I was functioning like a machine, always moving forward, yet completely disconnected from the woman inside who was quietly aching to be heard.

That moment — when I stopped denying my deep inner wounds — became the moment I truly began healing.



Rethinking Strength: The Courage to Be Human

We often measure strength by how much we can carry. But what if true strength lies in knowing when to put the load down?

For many of us, we only begin to acknowledge our mental health when we hit a wall — when nightmares haunt our sleep, the tears won't stop, anxiety swells like a wave, and burnout becomes unbearable. Until then, we carry on — smile in place, to-do list in hand — convincing ourselves we're fine.

But what if we treated mental health not as a crisis response, but as a daily practice?

Just like an athlete trains the body to perform under pressure, we can train the mind to stay centered, open, and resilient — not just when life gets hard, but every single day. And this doesn't require hours of therapy or radical life changes. It starts with tiny shifts. Gentle self-checks. Honest conversations. The willingness to feel, to pause, to rest, and to ask for help.

“We often measure strength by how much we can carry. But what if true strength lies in knowing when to put the load down?”

The Daily Practice of Resilience

No one teaches you how to care for your mind when you're young — especially if you grow up in a world that values silence over emotion and strength over softness.

But over time, I've learned that resilience isn't something you're born with — it's something you build, one small act at a time.

Just as we care for our teeth or fuel our bodies, we must care for our minds. You don't wait for a cavity to start brushing — so why wait until you're breaking down to care for your emotional health? Science backs this up: a review of over 15,000 people found that those with higher resilience had significantly lower levels of anxiety, depression, and distress. Resilience helps the mind recover faster and stay balanced under pressure.



And it can be built. Studies show that simple daily habits — like mindfulness, emotional awareness, and rest — lead to measurable improvements in mental well-being, even after hardship.

Even small resets matter. People who bounce back quickly from everyday stress report better mental health, deeper sleep, and greater optimism.

Tiny Habits That Build Strength

These are just a few of the simple practices that helped me rebuild my strength — not overnight, but over time. And they can help you, too.

- **Ask yourself every morning: How am I, really?**

Not how productive you plan to be. Not what you need to do. But how you are — inside.

- **Take a breath before every “yes.”**

If your body tightens or your chest feels heavy, it's a sign you're not aligned with that decision. You are allowed to say “no.” That is strength.

- **Follow the feeling of expansion.**

If something makes your body contract or your mind feel heavy, it's not the right path — not today, and maybe not even in the future. But if a choice makes you feel even a little more open, free, or peaceful inside, then trust it. That's your



inner compass guiding you home.

- **Speak your truth to someone safe.**

A friend. A partner. A coach. A therapist. Even a journal. The words “I'm struggling” can be the first crack of light in a very dark room.

- **Create a quiet moment each day.**

Even five minutes. Let the noise stop. Breathe. Reconnect with yourself — not the roles you play or the tasks you must do, but the human beneath it all. These aren't miracles. They're maintenance. And over time, they become your inner scaffolding — the quiet structure that helps you stand steady when life shakes.

The Comeback Mindset

There is no shame in falling apart. What matters is that we don't stay there.

At one point in my life, I felt like a shell of who I once was. I had poured everything into work, achievements, and helping others, but I had nothing left for myself. I felt burned out — not just physically, but emotionally and spiritually. I didn't know how to ask for help, and I didn't know how to rest. Because somewhere along the way, I had learned that doing nothing meant being weak.

But that was a lie. In the stillness, I found space to feel again. To breathe. To be human.

And slowly, I began to return to myself — not the version of me who could juggle a hundred things and never miss a beat, but the version who knew her limits. Who honored her emotions. Who chose presence over performance. Who, perhaps for the first time, felt like the real me.

This is the mindset I want to pass on: You are allowed to begin again. As many times as it takes. There is no failure in falling. There is only strength in rising.

Resilience Is Healing in Motion

Mental resilience doesn't just help us survive challenges — it actively improves our mental health. Every time we choose rest and self-compassion over self-criticism, honesty over suppression, or self-care over self-neglect, we're rewiring our minds to heal.

Scientific research supports this deeply human truth. In fact, higher resilience is linked to significantly lower risks of depression and anxiety — even in those facing chronic illness, loss, or long-term hardship. One long-term study found that people with higher resilience scores reported a better quality of life, even under extreme adversity.

That means rebuilding from burnout, grief, or emotional collapse isn't just possible — it's powerful. And it's real.

A New Kind of Strength

You don't need a title, a trophy, or a ring to have a champion's mind.

You just need the courage to show up for yourself — every single day.

Not with perfection. Not with pressure. But with truth, commitment, and self-respect.

Some days you'll feel unstoppable. Other days, getting out of bed will be your greatest act of strength. Both count. Both are victories.

Science shows that resilience is made — not in one grand act, but in the quiet repetition of care. Let this be your reminder: how you speak to yourself, the breath you pause to take, the moment you rest instead of pushing — it all matters. It all adds up.

Real strength isn't loud. It doesn't always look impressive from the outside. Sometimes, it's as simple as taking a breath before you speak. Saying no when you've had enough, and choosing kindness — not just for others, but especially for yourself.

And on the days when life knocks you down, remember this: You have not failed. You are not broken. You are becoming.

Every Beginning Is a Victory

The comeback doesn't begin by pushing harder. It begins by listening — by honoring what your mind and body are trying to tell you. By trusting that even if today is difficult, tomorrow can be different.

Because sometimes, you must fall — in order to rise again.

That's why even on your lowest days, you still have power. You can't always control what happens — but you can choose how gently you treat yourself in the aftermath. And science confirms: those small choices don't just help in the moment — they strengthen your mental health for the long term.

You are stronger than you think — not for carrying it all, but for finally laying down what was never yours to carry. Real strength isn't just holding on but knowing what's worth holding.

You're not behind. You're just beginning — and that beginning is powerful. Because every small step forward — even the tiniest one — is part of your comeback.

So today, what burden are you willing to lay down — even for a moment? What's one small act of care you can give yourself right now? That's where your comeback begins.

By Dr Margit Gabriele Muller



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BOXING BEYOND THE RING

Boxing Beyond the Ring: How Structure, Training, and Discipline Transform Mind and Mood

Step into a boxing gym and you'll notice more than the sound of leather on canvas or the flick of jump ropes against the floor.

There's rhythm, structure, and focus and beneath it all, a sense of calm in the chaos. Boxing, when broken down into structured routines and disciplined practice, isn't just about competition or combat. It's about building resilience, managing stress, lifting mood, and creating unshakeable confidence—for anyone willing to lace up the gloves.

As boxing trainer Eddie Lam, who has worked with elite names like Skye Nicolson, Caoimhin Agyarko, and Archie Sharp, puts it:

“A boxing gym is like a church, the bags are the pews, the ring is the altar, and every round is a prayer for strength, discipline, and redemption.”

That statement rings true whether you're preparing for a world title fight or your first fitness class after a stressful week at work.

Structure That Anchors You

Life's unpredictability can feel overwhelming: deadlines, personal pressures, constant notifications. A structured training routine provides balance. Boxing is built on routine: warm-ups, skipping, shadow boxing, bag rounds, pad work, conditioning. This sequence isn't just physical, it creates mental order.





Knowing what comes next in training grounds you in certainty. You set goals, measure progress, and create accountability. That structure itself reduces stress, turning the gym into a reliable anchor point when everything else feels unstable.

Discipline as a Path to Calm

Discipline is often misunderstood as restriction. In boxing, discipline is liberation. Showing up consistently, wrapping your hands, pushing through tired rounds, all of it builds self-control.

This isn't about punishment but about ownership. You begin to trust yourself: you can show up, put in the work, and finish what you started. That quiet confidence seeps into daily life, reducing the stresses.

The Mindfulness of Boxing

When you're mid-round on pads or locked into shadow boxing, there's no time for mental drift. Every slip, pivot, and punch demand attention. In those moments, stressors from outside the gym vanish.

Boxing's rhythm becomes mindfulness in motion. Like meditation, it keeps you present: all that matters is your breath, your movement, your focus. Many people describe it as "switching off" but the truth is it's "switching on" to the present.

Endorphins and the Mood Boost

The science is clear: exercise triggers endorphins, the body's natural mood elevators. Boxing, with its blend of cardio bursts, strength demands, and skill work, is especially effective.

After a tough session, stress hormones drop, endorphins rise, and mood improves. That's why people often leave the gym lighter, more positive, and ready to take on challenges that earlier felt overwhelming.

Confidence Through Self-Defence and Mastery

Confidence doesn't come from pretending; it comes from proof. Boxing gives tangible evidence of progress. Landing your first clean jab, lasting longer on the bag, or refining your footwork provides visible proof that you're improving.

Beyond fitness, knowing you can defend yourself, even at a basic level, changes how you move through the world. Shoulders square, posture lifted, eye contact steady. You carry yourself differently because you know you're capable.

This isn't about aggression; it's about assurance. Boxing equips you with the skills and mindset to stand tall in and out of the gym.

Lessons from the Pros, Benefits for Everyone

Eddie Lam's fighters who works with world-class talents like Skye Nicolson and Dennis McCann train with discipline and focus to reach peak performance. But the principles that guide them are just as relevant for the everyday professional, parent, or student.

The same structure that prepares Nicolson for a championship bout can help someone balance the stress of a demanding job. The same discipline that builds confidence in the ring can empower a teenager struggling with self-esteem.

Boxing benefits aren't reserved for athletes, they're available to anyone willing to commit to the process.

Stepping Into the Gym: An Invitation

For many, stepping into a boxing gym can feel intimidating. But the truth is, you don't need a fighter's physique or background to benefit. Boxing-inspired workouts can be adapted for all levels. Skipping, bag work, shadow boxing, and pad drills can be scaled to suit beginners or seasoned pros.





The goal isn't to fight, it is to feel calmer, stronger, and more confident. To leave the gym with your mind clearer and your mood brighter than when you arrived.

Conclusion

Boxing is often described as brutal, but beneath the sweat and strikes lies something restorative. Structured routines anchor you, discipline empowers you, and training in the moment frees you. Stress gives way to clarity. Endorphins raise mood. Confidence becomes embodied, not imagined.

As Eddie Lam reminds us: the gym is a church, the ring is an altar, and every round is a prayer for strength, discipline, and redemption. That prayer is not reserved for champions. It is open to anyone, at any level, ready to lace up, step forward, and discover just how powerful boxing can be.

By Craig Alexander

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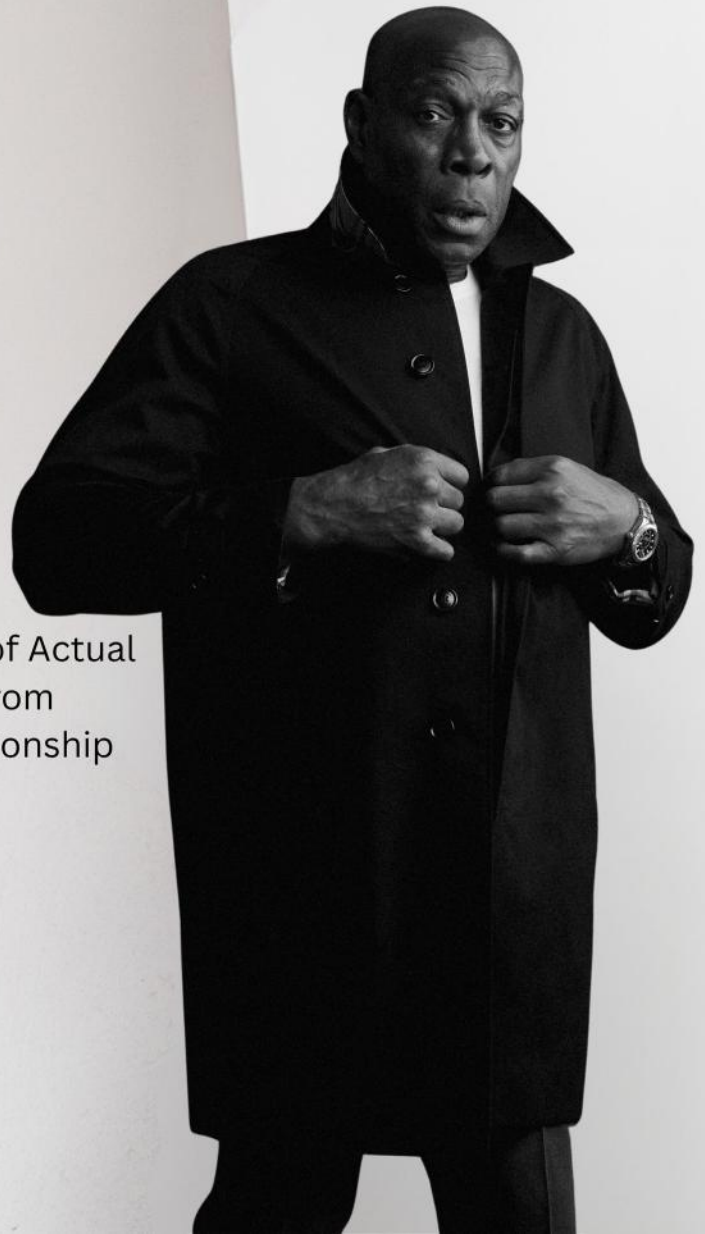
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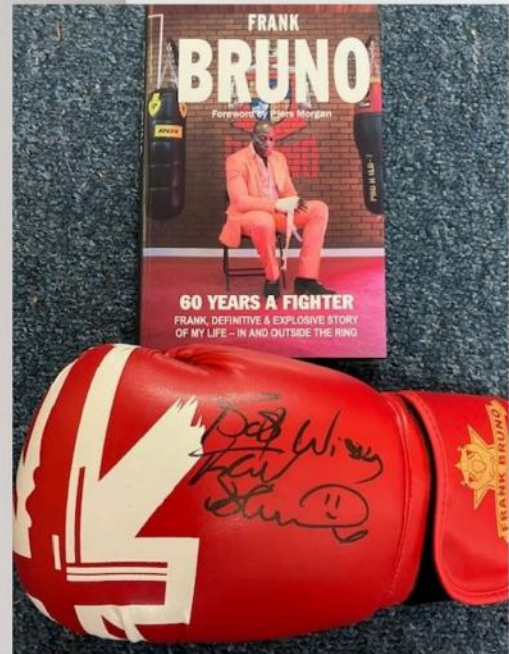
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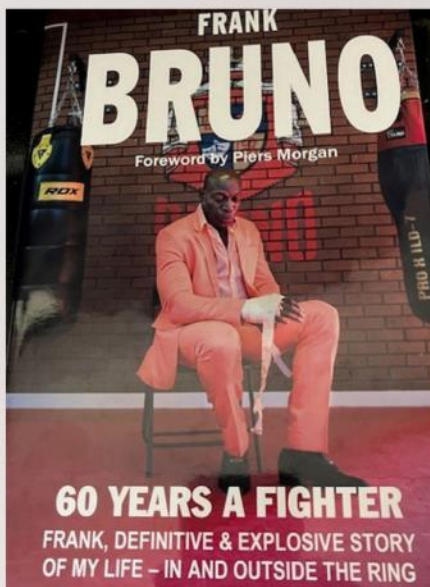


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FIGHTING FOR BETTER FUTURES

THE STORY BEHIND THE FRANK BRUNO FOUNDATION

The Frank Bruno Foundation was born from Frank's determination to create meaningful, lasting change within communities. Having spoken openly about the crucial role exercise has played in his own journey with mental ill health, Frank set out to build a place where others could find the same sense of support, motivation and hope. The Foundation exists to empower people who are facing, or recovering from, mental health challenges by offering encouragement, structure and a pathway to personal growth.



At the heart of the Foundation's mission is a simple but powerful belief: that a healthy body and a healthy mind work best together. By combining physical activity with emotional wellbeing support, the charity offers a holistic, enjoyable and accessible approach for all clients.

Established in 2017 and based at the Round by Round Centre in Northampton, the Foundation has worked tirelessly to create positive change. Its structured non-contact boxing sessions and wellbeing programmes are open to anyone aged 10 and above with lived experience of mental ill health, providing a safe and supportive environment to build confidence, resilience and connection.

What sets the Frank Bruno Foundation apart is the uniqueness of its programmes. This distinctive blend of physical training, mental health support and community connection allows the charity to reach a wide range of people who may be struggling, offering a service that truly stands out in its ability to make a difference.



The Round-by-Round Programmes

From the moment clients step into the Round by Round Centre, they're welcomed into an environment built on safety, support, and encouragement. The team fosters a warm, inclusive atmosphere where everyone feels able to participate, and each programme is thoughtfully tailored to the needs of the group.

There are three age categories for the charity's flagship Round by Round programme: 10-13 years, 14-17 years, and 18+ years, all led and supported by Mental Health Nurses and trained coaches who bring their own professional and lived experience of supporting or managing mental health and wellbeing issues to their roles.

The programmes have become a lifeline for many who have experienced social isolation; clients often form strong friendships that continue long after the programme ends, creating lasting networks of support and connection.

Adults

The adult Round by Round Programme is open to anyone over the age of 18, with no upper age limit. This creates a vibrant mix of men and women of all ages who come together once a week over an eight-week period to learn the fundamentals of boxing through non-contact sessions.

In response to the rising cost of living, the Foundation now provides a light lunch to ensure clients have access to a nutritious meal during the day. Each session also includes a Mental Health and Wellbeing Workshop, offering practical tools and techniques to help clients manage their mental health long after the programme concludes.

At the end of the eight weeks, clients are invited to a celebration event where their achievements are recognised. Certificates are awarded, and whenever possible, Frank Bruno attends in person to congratulate participants. He takes time to listen to their stories, and clients deeply value his genuine interest in their journeys.





Children and Young People

As the charity has grown, so too has its ability to reach those who need support at an earlier stage in life. In the wake of the Covid pandemic, it became clear that young people were facing unprecedented challenges to their mental health and wellbeing. In response, the Frank Bruno Foundation developed its Children and Young People's Round by Round Programmes to help bridge the widening gap in support created by the increasing demand on mental health services.

These weekly after-school sessions are designed specifically for younger age groups, with one hour dedicated to children followed by a separate hour for young people. Each session is supported by a Mental Health Nurse and delivered by trained coaches who understand the needs, pressures, and communication styles of the age group they're working with.

The programme blends condensed non-contact boxing sessions with age-appropriate wellbeing workshops. This combination gives participants a positive outlet for energy, a structured space to build confidence, and practical tools to help them understand and manage their emotions. Every element is tailored to the developmental stage of the group, ensuring that children and young people feel safe, supported, and empowered.

Beyond the physical activity, the programme creates a sense of belonging. Participants often form friendships, build trust, and develop resilience – skills that extend far beyond the boxing ring. For many, it becomes a place where they can express themselves freely, learn coping strategies, and feel genuinely heard.

By investing in early intervention and providing a supportive environment at a crucial time in their lives, the Frank Bruno Foundation is helping young people build stronger foundations for their future wellbeing.





Other Programmes

As demand for support has grown, the Foundation has continued to expand its reach, developing tailored programmes for the SEND community with weekly sessions delivered by our coaching team and supported by a Mental Health Nurse. This builds on our previous specialist provision for disability groups, older people, care leavers, and young people through the Police Community Initiative to Reduce Violence Team.

The Centre has also become a hub for wider community support. Each week, it hosts a Welcoming Space – a warm, trusted environment where people can socialise, access services, and find relief from social isolation and cost-of-living pressures. Alongside this, we run open-to-all non-contact boxing sessions for adults, offering a natural progression for those who have completed the Round by Round Programme or who simply want to develop more advanced boxing skills.

Facilities are also available to local businesses and community groups, with team-building days, workshops, gym hire and meeting spaces providing opportunities for connection and collaboration.

For individuals who may not feel comfortable in group settings, one-to-one sessions are available. The team also travels out into the community – visiting schools, health and social care settings, and local venues – to deliver classes, workshops and taster sessions. This outreach ensures we can connect with people where they are, promoting social inclusion and helping individuals build both physical and emotional resilience.



Keen to strengthen its links with the community, the Foundation offers regular placement opportunities to the University of Northampton for students studying Mental Health Nursing, Children's and Young People's Nursing, and Occupational Therapy.

These placements give students valuable hands-on experience in a supportive, real-world setting, while also bringing fresh perspectives, new ideas and up-to-date learning into the Foundation. It's a mutually enriching partnership that helps develop the next generation of professionals and enhances the work delivered at the Round by Round Centre.

The Frank Bruno Foundation is now recognised and signposted to by more than 80 professions and organisations, reflecting the trust placed in its work across the community. The charity has been formally acknowledged by the Northamptonshire Police, Fire and Crime Commissioner through the MY:BK: YD Certificate, and by the Mayor of Northampton with the Outstanding Community Contribution Award. In 2023, the team proudly received the University of Northampton's Community Changemaker of the Year Award.





More recently, the Foundation has welcomed visits from Maria Caulfield, who praised the impact of its programmes, and in 2024, HRH The Duke of Gloucester spent time at the Centre, meeting the team, learning about the charity's work, and presenting certificates to volunteers whose dedication helps make the Foundation what it is today.

The Frank Bruno Foundation is a non-profit charity that relies on the generosity of the public. Every donation, sponsorship and fundraising effort directly supports the programmes that change lives, helping people build confidence, resilience and hope. With demand for mental health support continuing to rise, the Foundation is committed to reaching even more individuals and families — but it cannot do this alone.

“If you believe in the power of community, in early intervention, and in giving people the tools to rebuild their lives, we invite you to stand with us.

Your support

- whether through donating, sponsoring a programme, or organising a fundraiser
- helps ensure that the Foundation can continue its vital work and extend its reach to those who need it most. Together, we can create stronger, healthier futures for our community.”



THE POWER OF REFRAMING YOUR MINDSET



The Story We Tell Ourselves

Every experience in life comes with a story.

Lose a job and the story might be: “I’ve failed. My career is over.”

But the same event could be reframed as:

“This is an opportunity to rethink what I really want.”

The situation itself has not changed — only the interpretation.

At some point in life, everyone faces moments that test their resilience.

A business fails.

A career stalls.

A relationship breaks down.

Plans that once felt certain suddenly collapse.

In those moments, the difference between those who move forward and those who stay stuck often comes down to one simple but powerful ability: the capacity to reframe their mindset.

In my book *Reframe Your Mindset: Redefine Your Success*, I explore how our thinking patterns shape our experience of the world and explore the Mindset Equation for success. The events we face in life do not define us. Instead, it is the meaning we attach to those events that determines whether they become obstacles or opportunities.

Reframing is not about denying difficulty or pretending challenges do not exist. It is about shifting perspective so that we can see new possibilities where we once saw only problems.

And when we learn to do that, something remarkable happens we discover that “never giving up” is not about stubborn persistence alone. It is about changing how we see the path forward.

This is where mindset becomes powerful. Our brain naturally searches for evidence to support whatever narrative we adopt. If the story we tell ourselves is negative, we begin to see confirmation everywhere. If we shift the story, our perception shifts with it.

Research in psychology supports this idea. Studies on cognitive reframing show that individuals who consciously reinterpret challenging situations are more resilient, experience less stress, and are more likely to find creative solutions.

In other words, the way we think literally changes what we see.

When Challenges Become Turning Points

In my book, *Reframe Your Mindset* we explore what makes people successful and also how some of those people faced significant setbacks before achieving success.

Entrepreneurs whose first ventures failed.

Athletes who faced career-threatening injuries.

Leaders who experienced rejection before breakthrough. What they often share is not simply determination, but a powerful mental habit: they reinterpret adversity as feedback rather than failure.

When something does not work, they ask a different question.

Instead of:

“Why did this happen to me?”

They ask:

“What can this teach me?”

That shift might seem small, but it transforms the emotional energy of the situation. Instead of feeling defeated, people begin to feel curious. Instead of shutting down, they begin to explore.

Curiosity is one of the most powerful forces in resilience. It keeps us moving.

The Mindset Trap That Holds People Back

One of the biggest barriers people face during difficult periods is the belief that the situation they are in is permanent. Psychologists sometimes refer to this as “catastrophic thinking.” When something goes wrong, our mind jumps ahead and predicts a negative future.

“This will never change.”

“I’ll never recover from this.”

“Things will only get worse.”

The problem with these thoughts is not that they are always inaccurate — but that they close down possibility. When we believe the future is fixed, we stop looking for alternatives. Reframing helps break that cycle. Instead of asking whether the situation is permanent, we ask:

What if this is temporary?

What if this moment is part of a bigger journey?

Suddenly the horizon opens again.

Three Questions That Can Change Everything

Reframing your mindset does not require complex techniques. Often, it begins with asking better questions. Here are three powerful reframing questions I often share with clients and audiences.

1. What else could this mean?

Our first interpretation of an event is rarely the only one. By consciously asking this question, we allow ourselves to see alternative explanations.

A difficult conversation might not be rejection — it might be feedback.

A missed opportunity might not be failure — it might be redirection.

2. What can I learn from this moment?

Learning transforms pain into progress.

When we extract lessons from our experiences, even difficult moments gain value. They become stepping stones rather than stumbling blocks. Always look at yourself first in any situation and see what you learn.

3. What is still possible from here?

This question shifts attention away from what has been lost and toward what remains.

Even in the most challenging circumstances, there is always something still possible.

And possibility is where hope begins.





The Power of Perspective

Perspective is often what separates defeat from resilience. Imagine climbing a mountain. When standing at the base, the peak can feel impossibly far away. The path may look steep, uncertain, even quite overwhelming. But with each step upward, the view changes. Eventually, you begin to see the landscape differently. What once looked like barriers now appear as part of the journey.

Life works in much the same way.

The moments that feel like setbacks in the present often become the very experiences that shape our future success. Many people later look back and realise that the hardest chapters of their lives were also the most transformative. Not because the challenges disappeared – but because their perspective evolved.

Progress, Not Perfection

Another important mindset shift involves redefining success.

Many people give up because they believe success requires immediate results or flawless performance. When progress is slower than expected, they assume they are failing. But real progress rarely happens in a straight line. It happens in small steps.

Reframing success as progress rather than perfection removes enormous pressure and keeps momentum alive. Every step forward counts.

Never Giving Up Is a Mindset

The phrase “never give up” is often associated with relentless determination, but the deeper truth is that perseverance begins in the mind. When we change how we interpret challenges, we change how we respond to them. We move from defeat to possibility, from frustration to curiosity, from obstacles to opportunities. Reframing does not eliminate difficulty.

Life will always present moments of uncertainty, disappointment, and challenge. But it gives us a powerful tool: the ability to choose our perspective. And when we change our perspective, we often discover something important. The path forward was there all along – we simply needed to look at it differently.



When something does not work,
they ask a different question.

Instead of:

“Why did this happen to me?”

They ask:

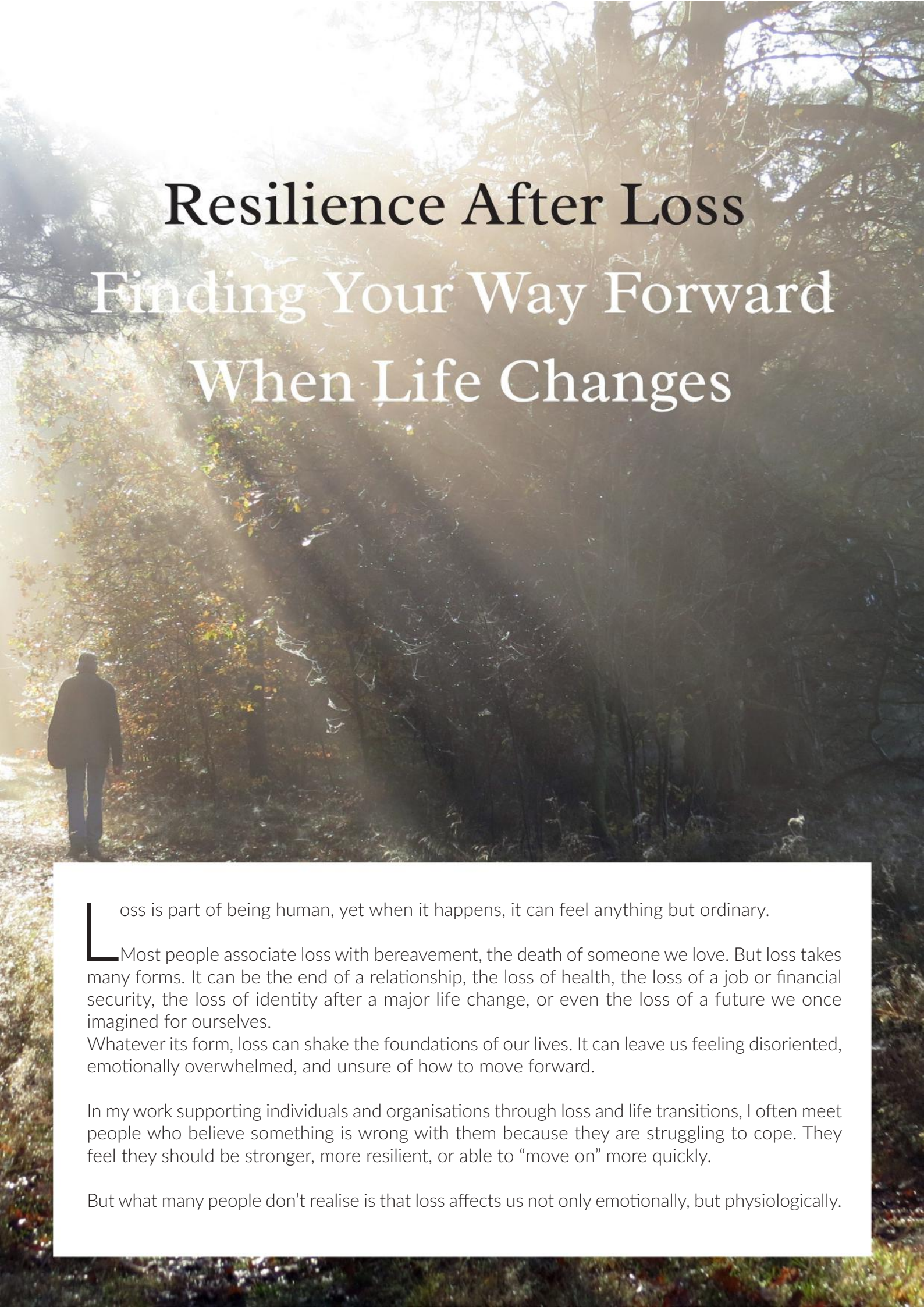
“What can this teach me?”



Paul Corke

Author of *Reframe Your Mindset: Redefine Your Success*
Executive Coach | Speaker | Leadership Philosopher

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A person is walking away from the camera on a path through a forest. The path is covered in fallen leaves, and the trees are dense with some sunlight filtering through. The overall mood is contemplative and serene.

Resilience After Loss

Finding Your Way Forward When Life Changes

Loss is part of being human, yet when it happens, it can feel anything but ordinary.

Most people associate loss with bereavement, the death of someone we love. But loss takes many forms. It can be the end of a relationship, the loss of health, the loss of a job or financial security, the loss of identity after a major life change, or even the loss of a future we once imagined for ourselves.

Whatever its form, loss can shake the foundations of our lives. It can leave us feeling disoriented, emotionally overwhelmed, and unsure of how to move forward.

In my work supporting individuals and organisations through loss and life transitions, I often meet people who believe something is wrong with them because they are struggling to cope. They feel they should be stronger, more resilient, or able to “move on” more quickly.

But what many people don't realise is that loss affects us not only emotionally, but physiologically.

Why Loss Feels So Overwhelming

Human beings are wired for safety.

Psychologist Abraham Maslow illustrated this through his well-known hierarchy of needs. At the foundation of the pyramid are our most fundamental needs: survival and safety. When these needs are secure, we can focus on connection, purpose, creativity, and growth.

When loss occurs, however, our sense of safety can be disrupted.

For example, losing a job is not simply a professional setback. On a deeper level, the nervous system may interpret it as a threat to survival: Will I be able to pay my bills? Will I lose my home? Will I be able to provide for myself or my family?

Similarly, the loss of a relationship can threaten our need for connection and belonging. The loss of health can challenge our sense of identity and independence.

Even when we logically know we will find a way forward, our nervous system may respond as if we are under threat.



This is why loss often triggers anxiety, emotional volatility, exhaustion, or a sense of numbness. These responses are not signs of weakness. They are survival responses and the body's attempt to protect us.

When Loss Becomes Overwhelming

Loss can also intersect with trauma.

Trauma is not defined solely by catastrophic events. It can arise when an experience overwhelms our capacity to cope, and we do not have the support or resources we need at the time.





Many “living losses” fall into this category: the sudden loss of health, a painful breakup, financial collapse, or major life upheaval. When several losses occur close together, the impact can be even greater. Because these losses are not always publicly acknowledged in the same way as bereavement, people often feel they must simply carry on. Yet unprocessed loss has a way of showing up elsewhere through chronic stress, burnout, relationship difficulties, or declining mental and physical health.

Recognising loss is therefore not self-pity. It is an essential step in recovery.

The Path to Resilience

Resilience is often misunderstood as the ability to push through adversity or bounce back quickly. In reality, resilience is something deeper and more compassionate. True resilience begins with understanding.

When we recognise that our reactions are normal responses to loss, shame begins to dissolve. Instead of asking What is wrong with me? We can ask a more helpful question: What has happened to me, and what do I need right now?

This shift in perspective can be incredibly powerful. It allows us to approach ourselves with the same patience and kindness we might offer a friend who is struggling.

Resilience is not about snapping back like a rubber band after life knocks us sideways. It is about adapting. It is about learning how to bend and move with change while gradually restoring a sense of stability and safety.



Gentle Steps Toward Recovery

There is no single path through loss, and healing rarely happens in a straight line. However, there are a few gentle practices that can support resilience during difficult times. Acknowledge what has been lost. Sometimes the most important step is simply naming the loss and recognising its impact. Be patient with your nervous system.

When we are under prolonged stress, the body needs time to settle. Simple practices such as slow breathing, walking in nature, or moments of quiet reflection can help restore balance.

Stay connected

Loss can make us want to withdraw, yet supportive relationships are one of the strongest protective factors for resilience. Allow meaning to emerge.

In time, many people find that loss reshapes their priorities, relationships, and sense of purpose. While this does not erase the pain, it can lead to unexpected growth and wisdom.

Resilience Reflection

If you are navigating loss at the moment, you might find it helpful to pause and gently reflect on the following questions:

- What has changed in my life that I may not have fully acknowledged as a loss?
- What might my mind and body be trying to protect me from right now?
- What small act of care or support could help restore a sense of safety today?

There are no right or wrong answers. The purpose of these questions is simply to bring understanding and compassion to your experience.

A Message of Hope

One of the most important things I have learned, both through my work and through my own experiences of loss, is that human beings are remarkably adaptive. Even when life changes in ways we never expected, it is possible to rebuild a sense of safety, clarity, and meaning.

Resilience does not mean forgetting what has been lost or pretending it did not matter. Instead, it means learning how to carry that experience in a way that allows us to keep living, connecting, and growing.

If you are navigating loss right now, be gentle with yourself. Healing takes time.

But with understanding, support, and compassion, it is possible not only to survive loss but to rediscover strength and hope on the other side.

By Celia Conrad

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Self Care Corner

The Beauty of Stillness: Practicing Mindfulness in a Hustle Culture

When it rained, my grandmother would tell us to sit down and be still. She'd say, "Calm your nerves."

As children, my sister and I thought she simply wanted quiet so she could enjoy watching the Chicago Cubs play. I remember hearing her lament when her favorite player, Sammy Sosa, would have a mediocre day. You could hear the faint sounds of her saying, "Come on, Sammy, get it together!"

I still remember the "7th Inning Stretch" featuring Harry Caray singing, which is the time-honored dedication to the team: "Take me out to the ball game, take me out with the crowd; Buy me some peanuts and Cracker Jack, I don't care if I never get back. Let me root, root, root for the home team; if they don't win, it's a shame. For it's one, two, three strikes, you're out, at the old ball game. Let's go, Cubs!" When the clouds gathered and the sky opened, we were told to take a nap and relax. I recall noticing the rhythm of the rain and the gentle hum of the raindrops hitting the windows. That was our moment of presence. Our moment of peace.

Today, when it rains, I still hear her voice — and I sit down and calm my nerves. We live in a world that celebrates being busy. Our worth often feels tied to how much we get done — how many meetings we have, how many emails we send, how quickly we respond. We wear exhaustion like a badge of honor. I had to unlearn that success isn't measured by late nights and pushing myself to the brink. But somewhere along the way, we forgot how to just be.

Stillness — that simple pause between doing and becoming — has become something rare. Even when we try to rest, we fill the quiet with

noise: the endless scrolling on our favorite apps, the news, or another to-do list.

Our bodies weren't built to be in constant motion. Always doing, always thinking, always "on." When we don't slow down, our nervous system stays stuck in survival mode — that fight-or-flight state that keeps us tense and restless. Over time, it can lead to anxiety, fatigue, and burnout.

Stillness is the antidote. It's not about doing nothing — it's about creating space to breathe again. When we slow down, we interrupt the cycle of constant doing and give our minds and bodies permission to rest and reset. Research has shown that even short moments of mindfulness can help lower stress hormones and calm the heart rate (Creswell et al., *Biological Psychology*, 2016). When you take time to be still, you're not being lazy — you're giving your body the care it needs.

When you begin to practice stillness, you'll notice how your body, mind, and spirit start to respond. You become more emotionally aware. Stillness gives you space to feel instead of reacting. Instead of pushing emotions away, you start to understand what they're trying to tell you.

- **You reconnect with your body.** Many of us live "neck up," disconnected from what our bodies are feeling. Stillness helps you notice your breath, your heartbeat, your posture — the quiet messages your body sends all day long.
- **You awaken creativity and clarity.** When your mind isn't racing, your best ideas finally have room to show up. Scientists have found that our brains become more creative when we rest or daydream — those quiet moments help us connect new thoughts and find fresh solutions (Beaty et al., *NeuroImage*, 2015).

Stillness helps us reset. It reminds us that we're human beings — not just human doings. Stillness isn't easy in a world that's always moving.

We're constantly being told to "grind," "push," and "stay busy." Especially for women in midlife who are juggling careers, family, and personal goals — it can feel like there's no room to stop. But constant motion doesn't always mean progress. Sometimes the most powerful move you can make is to pause. Hustle culture teaches us that rest is a reward. Stillness serves



'Stillness helps us reset. It reminds us that we're human beings — not just human doings.'



'When we don't slow down, our nervous system stays stuck in survival mode, over time, it can lead to anxiety, fatigue, and burnout.'



as a reminder that everyone deserves to rest. You don't have to earn your peace. You deserve it simply because you exist. Stillness doesn't mean stepping away from ambition — it means staying grounded in who you are while you pursue it. It's about moving with intention rather than under pressure. You don't need a retreat or a yoga mat to practice stillness. You just need moments — little pockets of presence you build into your day.

Here are a few simple ways to start:

1. Morning Stillness. Before you reach for your phone, take a few deep breaths. Sit for a moment, feel your feet on the floor, and take in the quiet before the day begins.

2. Mindful Transitions. Between meetings or tasks, pause for 30 seconds. Close your eyes and ask, "What energy do I want to bring into this next moment?" These small pauses help your brain reset and refocus (Good et al., *Journal of Management*, 2016).

3. Set Digital Boundaries. Choose one hour a day — or one day a week — to unplug. Step away from screens, notifications, and endless scrolling. Studies show that less screen time improves mood and focus (Twenge & Campbell, *Journal of Social and Clinical Psychology*, 2018).

4. Get Outside. Spend a few minutes outdoors — no earbuds, no distractions. Notice the color of the sky, the sound of the wind, the way the air feels on your skin. Even 20 minutes in nature can lower stress hormones (Hunter et al., *Frontiers in Psychology*, 2019).

5. Savor the Little Things. Mindfulness is simply being present. Sip your tea slowly. Feel the warmth of sunlight. Listen when someone speaks without rushing to respond. These small acts of attention anchor you in the moment.

Stillness can feel uncomfortable at first. You might sit down and immediately start thinking about everything you "should" be doing. That's normal — your mind is used to constant motion. We've been taught that slowing down is unproductive or even lazy. But if you stay with it, you'll realize that stillness isn't empty. It's packed — full of clarity, calm, and quiet truths that surface only when you stop running. When the noise quiets, you begin to see yourself more clearly — your feelings, your needs, your next step. That's where the transformation begins.

Stillness isn't just mental — it's deeply spiritual. It's in the quiet moments that we hear the voice of God, our intuition, or that calm inner knowing that guides us. Stillness reminds us that we're not alone, and that peace isn't something we chase — it's something we return to. For me, that stillness has

become sacred. It's where I breathe before big decisions, reflect after long days, and remember that I'm more than my titles, tasks, or to-do lists.

The world tells us to find balance. But balance doesn't come from doing more — it comes from doing less and listening more. Today, when it rains, I sit down and calm my nerves. It's more than nostalgia — it's a sacred memory. A reminder of what it means to pause. My grandmother's words still echo: Be still.

She knew what science now proves — that our bodies heal in rest, our minds clear in quiet, and our spirits grow stronger in peace. Stillness isn't about escaping life. It's about moving through it with grace. The beauty of stillness is that it doesn't ask you to change who you are. It just invites you to be here. To breathe. To listen. To trust that even in the pause, you are enough. The next time the world tells you to hurry, remember the sound of the rain. Remember the wisdom passed down through generations. And remember that sometimes, the most powerful act of self-care is the simplest one —

**To sit down.
And be still.**

Beverly K. Johnson is a Certified Health and Transformation Coach and founder of the Luxe Wellness Collective — a community helping women in midlife reconnect with peace, purpose, and vitality. Follow Beverly on Instagram @imbeverlyjohnson or connect on LinkedIn to explore mindful living, leadership, and whole-person well-being.

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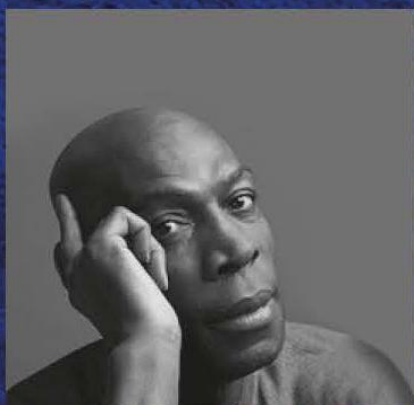
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by Beverly Johnson

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Frank's Vision



"I don't suffer from Mental Health, I live with it."

The Frank Bruno Foundation is a direct result of Frank wanting to give something back to the community.

Frank has faced challenges both in and out of the ring and has always done so with determination, dignity, humour and humility.

It is Frank's bravery and honesty in talking about his battles with mental health issues, which continue to earn him the respect of those whose affection he won as a boxer. It is fitting then that supporting sufferers of mental ill-health is where Frank feels his attention is best focussed.

Frank has spoken openly of how exercise has played a vital role throughout his life whilst training as a professional boxer, and more recently in his battle with mental health challenges. Through his recent autobiography Frank has found the benefits of talking and sharing his experiences has not only enabled him to help others, but the public responses have empowered him to accept his own previous mental health challenges.

FRANK BRUNO





The Frank Bruno Foundation

The Frank Bruno Foundation has recently opened the Round By Round Centre.

This provides a base for structured non-contact boxing sessions and wellbeing programmes for anyone over the age of 10 years old who are experiencing problems with mental ill-health.

The Round By Round Programme consists of 8 weekly sessions of wellbeing and non-contact boxing.

The aim is to bring healthy body and healthy mind approaches together to provide a holistic and enjoyable method to supporting all clients with mental ill-health. This will increase:

- self confidence
- self regulation
- develop self worth
- develop social skills
- increase mental wellbeing

This will help to support social inclusion and physical and emotional strengths and achievements.

Our aspiration is that participants will use the skills they learn on the programme to develop a happier, more fulfilling and successful future. We will also offer signposting to any other appropriate agencies should this be requested.

Please see overleaf for the programmes we offer.

BRUNO

Wellbeing Programmes

The wellbeing elements of the programme will use a strength based approach using a variety of techniques including discussions, problem sharing, identifying a support network, team work, peer support and encouragement.

It will be a group work process that aspires to build participant's resilience.

These programmes will be delivered by specially trained facilitators. Frank is particularly keen that work undertaken is led by participants wants and needs rather than prescribed by professionals which will enable participants to become empowered and take ownership of their physical and emotional wellbeing.

Non-Contact Boxing

Non-contact boxing is boxing without being hit; it is a physical workout which can benefit improved body strength, better hand to eye co-ordination, decreases stress, heightens discipline, improves physical and mental toughness, increases confidence and self-esteem.

This will compliment the wellbeing session and will consist of hitting padded gloves, punch bags, skipping, catching, throwing and general body workouts. In addition, participants will learn to facilitate supporting others, building up others, acknowledging and accepting diversity and encouraging and promoting collaboration.



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Charity registered in England and Wales (117 1012)

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